

EAT GREEN • LIVE WELL

vegetarian times

July/August 2010
vegetariantimes.com

light summer meals

36 fresh, healthy
recipes under
350 calories

THE THRILL OF THE GRILL

- Mediterranean garden party
- Best homemade veggie burger
- Killer kebabs

Classic salads reinvented

IN SEASON

COOKING WITH SWEET CORN

+ **Freezer pleasers** Save cash,
and make summer flavors last



GRILLED CORN WITH
CHIPOTLE-LIME BUTTER, p. 53
VEGETABLE KEBABS
AGRODOLCE, p. 61



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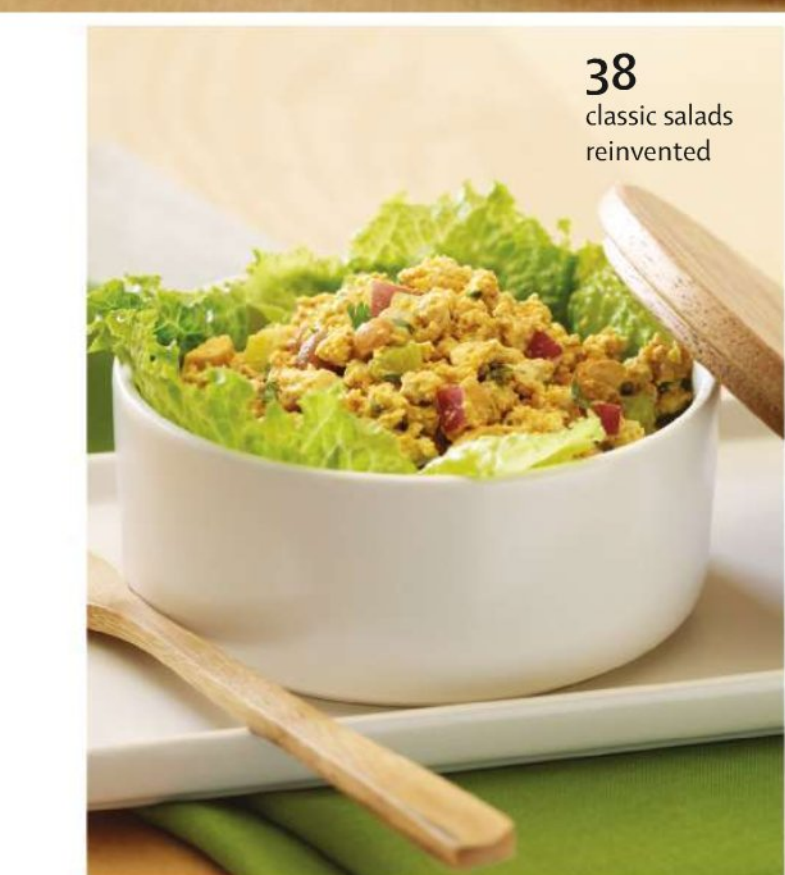
Photography by Beatriz Da Costa
Food styling by Pierre Riviere
Prop styling by James Day



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Issue 378, Vol. 36, No. 7 *Vegetarian Times* (ISSN 0164-8497, USPS 433-170) is published monthly except June, August, and December by Cruz Bay Publishing, Inc., an Active Interest Media company. The known office of publication is at 475 Sansome St., Suite 850, San Francisco, CA 94111. Periodicals postage paid at San Francisco, CA, and at additional mailing offices. POSTMASTER: Send all address changes to *Vegetarian Times*, PO Box 420235, Palm Coast, FL 32142-0235.



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grillin' & chillin'

My secret to a happy summer is pretty simple. Load up on fresh, sweet corn from the farmers' market, and eat it the very same day. It's great grilled in the husks and served Mexican-style, with chipotle-lime butter. For this and more fresh ways to enjoy one of the season's sweetest thrills, check out "1 Food 5 Ways: Corn" (p. 52).

Because the best summer parties are the casual ones, we've been craving a garden barbecue with a Mediterranean twist. In "Party on the Patio" (p. 56), the menu stars a veggie burger recipe that's a little bit fancy, while the rest of the dishes are spectacularly simple (think fennel-spiced potato wedges, a voluptuous tomato salad, and rainbow-hued vegetable kebabs). You'll have more time to chill out, and enjoy the company of your guests.

Speaking of chillin'... if homemade ice cream makes you swoon, "Ice Cream Social" (p. 48) is guaranteed to satisfy. And in "Frozen Assets" (p. 64), you'll learn how easy it is to save summer flavors for the fall and winter months. For example, you can whip up a perfect plum cobbler (p. 70), and save it for a rainy day.

Elizabeth Turner

2010 recipe contest update

June 30 is a big day on the VT calendar. It's the last day to submit your recipes for VT's annual Reader Recipe Contest. (See p. 21 for details.) On that same day on vegetariantimes.com, we'll be announcing the top 15 finalists in another contest, the Chefs' Challenge cooking school show-down. Visit vegetariantimes.com/chefschallenge between June 30 and July 30 to see our favorite recipes from student chefs across America, and cast your votes to help us choose the winners.

Sensational Rice Salads!



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Pear & Walnut Rice Salad with Cranberries

- 3 cups Lundberg® Long Grain Brown Rice, cooked
- 1 large firm pear, such as Anjou or Bartlett, cored and diced
- 3 medium green onions, chopped
- 1/2 cup coarsely chopped toasted walnuts
- 1/3 cup crumbled blue cheese
- 1/3 cup prepared vinaigrette (garlic, herb or raspberry)
- 1/2 tsp. salt
- 1/4 tsp. pepper

Combine all ingredients in medium bowl; toss to coat. Serve immediately over lettuce leaves and top with dried cranberries if desired. Makes 6 servings.

Recipe adapted from USA Rice Federation, www.usarice.com/consumer



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contributors



Aurelia d'Andrea

Writer, "Passport to Flavor," p. 72

What's your most treasured family food tradition?

Eating low on the food chain. I was raised by a veg mom, so I had a healthy head start. (Thanks, Mom!)

What's your No. 1 pantry staple?

I'm a condiment queen. Hot sauce—from Asia, Mexico, and the Middle East—reigns in my refrigerator.

What's your favorite piece of cookware?

My rice cooker. It cooks all kinds of grains, from quinoa to oatmeal. I can't even remember what life was like BRC (before rice cooker).

Write your memoir in six words:

Masala dosas from Berkeley to Bombay.



Meg Hunt

Illustrator, "Passport to Flavor," p. 72

What's your No. 1 grocery splurge?

I don't splurge very much, but I have occasional shopping sprees; a couple of months ago I ordered some heirloom beans from Purcell Mountain Farms, and soon I'm hoping to put in an order for some spices from Penzeys—craving some more exotic flavors!

What fruit or veggie best describes you and why?

I'll say lemon, not because it's sour, but because it's versatile and bright enough to wake up so many flavors. Tart, but with a sunny outlook!

Write your memoir in six words:

Girl from the sea, always drawing.



Madhu Gadia

Recipe Developer, "Table for One," p. 30

What did you discover while on this assignment?

I found that cooking for me (for one) was totally OK and actually fun. I only have to please me. The major challenge was to reduce the amount of the main ingredient for a single serving.

What's your No. 1 grocery splurge?

Cashews. I like to buy raw and roasted cashews, if I can. Then I hide them for a special meal.

Write your memoir in six words:

Good food brings family, friends together! 🌱

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FOR EDITORIAL QUESTIONS, CALL 310-356-4100

For subscription orders and customer service:

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letters

PRIMO PACKETS

For years, my husband and I have made “veggie packs,” so we were interested in the recipes from “Packet Magic” (May/June, p. 32). We tried the Spice Market Sweet Potato and Lentil Packets, and I must say that this is probably my new favorite recipe! It’s incredibly tasty and easy. This recipe will join our repertoire of regular meals, and we look forward to sharing this wonderful dish!

DEE POSEY | VIA E-MAIL

PROUD PARENTS

The May/June issue was excellent, and we were especially happy to see Dr. Neal Barnard’s article “Raising Veg Kids” (Ask the Doc, p. 38). As parents of a 2-year-old son who has been as vegan

as possible since conception, we’re happy to report that he is doing wonderfully. Last checkup, he was in the 75th percentile for height and weight. We sprinkle nutritional yeast on just about everything he eats to ensure he gets all the important vitamins and minerals. He absolutely loves it and licks it from his fingers!

TOM & SHERRIE WINTON | PORTLAND, MAINE

SANDWICH FIX

Last night, I watched TLC’s *Best Food Ever* show, which featured a countdown of “10 Sensational Sandwiches.” They were all meat-based, but it made me wonder how I could make delicious sandwiches without the traditional meat. Would VT ever consider doing

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Sliders” on vegetariantimes.com.



a series of the “Best Veg Sandwiches”? The one that struck me the most in the TLC show was No. 10—a hamburger. I could see myself substituting a veggie burger and getting rave reviews!

KRISTEN JENSON | BOTHELL, WASH.

Editor’s Note: Check out this month’s Mediterranean Veggie Burgers (“Patio Party,” p. 62) and Smoked Portobello Club Sandwich (“Smokin’ Good,” p. 43).

SUBLIME LIME

I just finished eating the Southwestern Salad with Avocado-Lime Dressing (“Dad’s Day Afternoon,” May/June, p. 56), and it was wonderful! I roasted the corn slightly before mixing it in. The spicy lime dressing made it!

MARY RALPHAELY | VIA FACEBOOK

BEGINNER’S LUCK

Thank you for your fabulous Web site. After deciding to take the big step and become a vegetarian, I found it to be very informative. I just downloaded the Vegetarian Starter Kit, which will be my go-to guide for the next few months.

KELLY FUSELLA | AUSTRALIA

SHARE: Reader Recipe

Father Joe’s Oyster Mushroom Fettuccine

SERVES 6 | 30 MINUTES OR FEWER

After reading “A Cook’s Guide to Mushrooms” (February, p. 54), Brother Robert, a monk at Mepkin Abbey in Moncks Corner, S.C., felt inspired to submit a recipe created by Father Joe, one of the monastery’s cooks. The dish features oyster mushrooms, which the monks cultivate at the abbey and supply to local stores and restaurants.

- 3 oz. dry-packed sun-dried tomatoes
- 1½ Tbs. olive oil, plus more for garnish, if desired
- 12 oz. oyster mushrooms, trimmed
- ¼ cup pine nuts
- 3 cloves garlic, minced (1 Tbs.)
- 1 16-oz. pkg. fresh fettuccine

1. Place sun-dried tomatoes in heat-proof bowl, and cover with boiling water to rehydrate. Let stand 10 minutes. Drain well, and chop tomatoes.

2. Heat oil in large skillet over medium-high heat. Add mushrooms, pine nuts, garlic, and sun-dried tomatoes, and sauté 5 to 8 minutes, or until mushrooms are tender and most of liquid has evaporated, adding more oil to mixture, if desired.

3. Meanwhile, cook fettuccine according to package directions in large pot of boiling salted water. Drain fettuccine, and return to pot. Stir mushroom mixture into fettuccine, and season with salt and pepper, if desired.

PER 1-CUP SERVING: 344 CAL; 15 G PROT; 14 G TOTAL FAT (2 G SAT FAT); 51 G CARB; 60 MG CHOL; 480 MG SOD; 5 G FIBER; 7 G SUGARS 

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BPA BUNDLE

The “Shop Smart” box in “Plastic Panic ... Should you say no to BPA?” (Ask the Doc, April, p. 35) said that Eden Organic uses BPA-free cans. This is only partially true. They do use BPA cans for all of their bean products, but not for their tomatoes. Their Web site has a clear discussion of this matter.

CAROL VON BORSTEL | SEQUIM, WASH.

Editor’s Note: Thank you for pointing this out to us. On the Web site, Eden Foods President Michael Potter says the company’s tomato products are packaged in industry-standard BPA-containing cans because “the FDA hasn’t approved any other type of can lining for highly acidic foods.” The company remains hopeful that chemists will invent a BPA-free solution to this issue. *VT* regrets the error.

GLEEFULLY GLUTEN-FREE

I want to let you know what a blessing *VT* is to my family. I’ve appreciated the extra effort you’ve made to include gluten-free recipes and labeling. I’m allergic to many foods, and while my health is crawling back to me, it has been a challenge.

LINDA BARNHART | EUGENE, ORE.

FAB 5

We only print recipes we think are terrific, but each month we always have a few favorites. These are our top five from this issue:

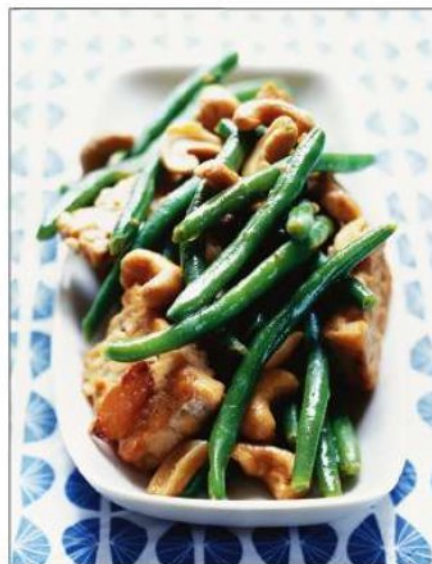
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3. Chocolate S’mores Pie, p. 63
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5. Corn-Quinoa Salad, p. 54

Send your letters to:
editor@vegetariantimes.com

RECIPE BONANZA

I have been a loyal *VT* subscriber for many years and a vegetarian for 15. Though I always enjoy your magazine, I often shy away from making the recipes because they call for expensive ingredients or cooking implements. But the March issue was a huge success in my house. Thus far, we’ve tried and loved many recipes, including the Hoisin-glazed Tempeh with Green Beans and Cashews (“Chef’s Guide to Frozen Vegetables,” p. 58). Great work!

TRICIA WOOLFENDEN | BOCA RATON, FLA.



tell vt

What’s on your menu when you want to keep the kitchen cool in the summer heat?

Penne pasta with a sauce made from puréed steamed asparagus, fresh squeezed lemon juice, a little olive oil, and salt, reserving the asparagus tips to scatter on top. So simple and refreshing! I serve it with a big pitcher of cucumber water.

—JULIE, VIA FACEBOOK

There’s nothing as refreshing as a cold jicama salad, with cucumbers, oranges (sometimes even cantaloupe), fresh-squeezed lemon juice, and pico de gallo.

—MARTHA, VIA FACEBOOK

As an avid organic vegetable gardener and amateur cheese-maker, on summer nights, I love drizzling olive oil and balsamic vinegar over freshly picked tomatoes and basil from my garden, served over homemade mozzarella. With a loaf of locally made bread, you’re golden!

—ASHLEY

A Parisian-inspired salad: spring greens, shredded carrots, thinly sliced cucumber, niçoise olives, chives, and a balsamic vinaigrette, served with a fresh baguette and French cheeses.

—JENNIFER, VIA FACEBOOK

A plate of grilled summer veggies, tabbouleh (generously seasoned with mint and lemon), white bean hummus, fresh pita bread, and a dash of harissa (a Middle Eastern hot sauce), and you will be loving the summer!

—MELANIE, VIA FACEBOOK

Smoothie pops: I blend whatever fruit is about to go bad with some yogurt and honey, then freeze it all overnight in either individual cups or [ice pop] molds. The pops chip nicely and provide much-needed coolness.

—REBECCA, VIA FACEBOOK

Raw sweet potato and mushroom sushi rolls and a homemade seaweed salad with arame and sesame seeds, dressed lightly with soy, lime, and mirin. I don’t have to turn the oven on, so my kitchen stays cool, and we fill up on healthy veggies.

—KELLY

next question:

What one produce item do you always buy organic, and what’s your favorite way to prepare it?

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MIKE LORRIG

nectarines

Named for *nektar*, the drink of the gods, a ripe nectarine distills the taste of summertime. Like their fuzzy relative the peach, smooth-skinned nectarines are stone fruits that come in clingstone or freestone varieties: the flesh either clings to its seed or separates easily.

HOW TO SELECT AND STORE If you prefer a bit of tang, select yellow varieties over the sweeter white. Look for plump organic or pesticide-free fruits with a floral aroma and no bruises. The flesh should be pliable and yield slightly to pressure. For the best flavor, buy locally grown nectarines from your farmers' market at the height of summer.

PREP TIPS Choose freestone varieties for easy removal of pits, and for optimal taste, raw or cooked, select well-ripened fruits. Pairing nectarines' sweetness with fresh herbs, salt, or citrus will enhance their flavor. The fruit's skin is so tender that many baking recipes don't call for peeling, but if you want to remove the skin for pies or preserves, score the nectarine's bottom with an X and blanch in boiling water for 30 seconds; transfer immediately to ice water, and peel.

TRY THIS!

- **Garnish** your summer salads with nectarine slices.
- **Dice** nectarines, and combine with chopped red onions, jalapeños, cilantro, and lime juice for a refreshing salsa.
- **Halve**, pit, and sear nectarines on the grill. Serve with vanilla ice cream.
- **Blend** nectarines with yogurt or coconut milk to create a smoothie.
- **Purée** fresh nectarines with apple or grape juice for a chilled summer soup.

—ELLIOTT PRAG

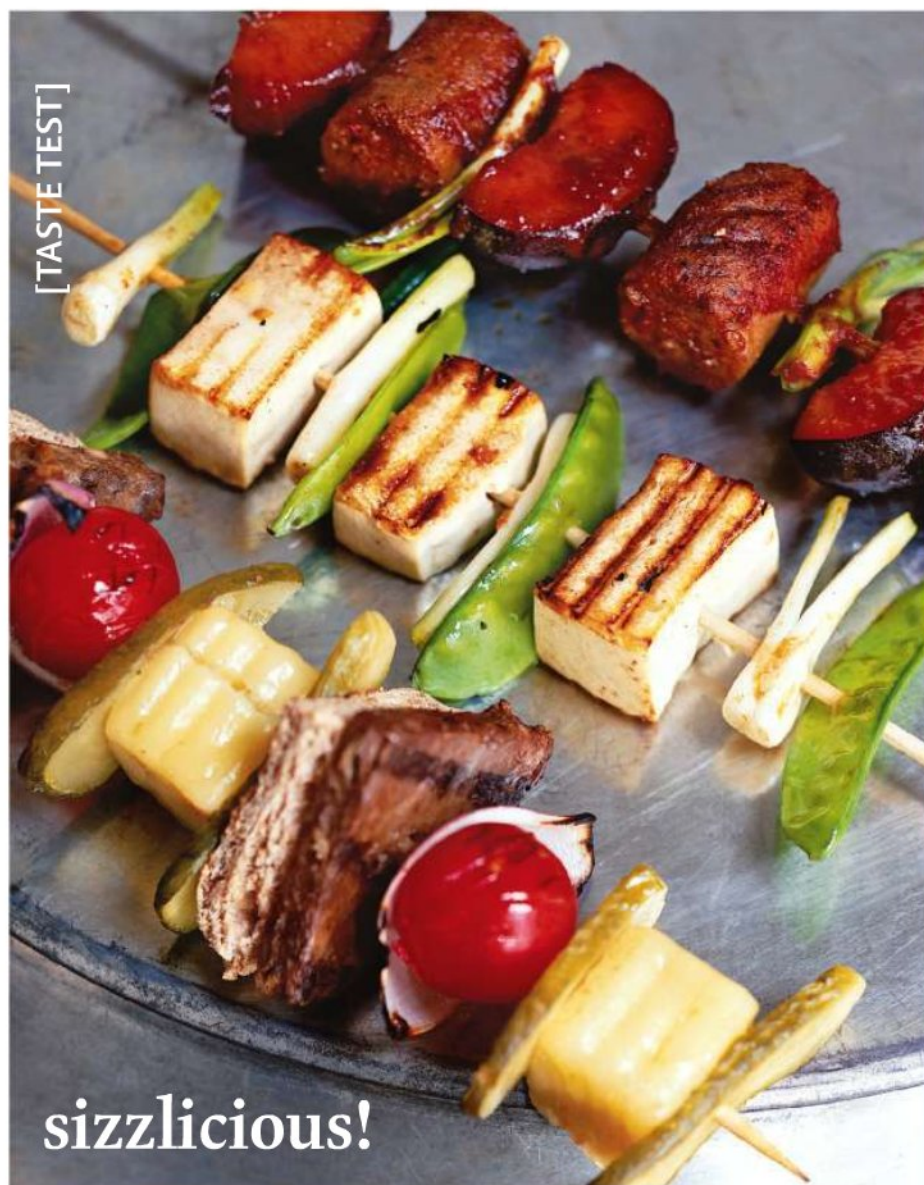
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[TASTE TEST]

sizzlicious!

The summer season calls for the snap-crackle and the wood-chip-scented smoke of a backyard barbecue. This year, fire up the grill and savor these succulent selections. —ANNA MONETTE ROBERTS

[SCI FIND]

Flax Rx

Adding flaxseed to your diet may help lower your total and LDL ("bad") cholesterol levels, at least if you're a guy, according to research from Iowa State University. Lignans, a group of chemical compounds in plants, apparently do the cholesterol busting; the ISU research showed that consuming a minimum of 150 milligrams of flaxseed lignans a day (the amount contained in about 3 tablespoons ground flaxseed) significantly decreased artery-clogging cholesterol in men.

tip Freshly grind whole flaxseeds to unlock their heart-protective benefits. "They're so small, it's easy to miss biting into them," says Orlando, Fla.-based nutritionist Tara Gidus, RD. (Swallowed whole, the seeds are indigestible.) Blend flax meal into yogurt, cereal, smoothies, or muffin or pancake batter, she suggests.

BEATRIZ DA COSTA

GRILL-WORTHY GRABS	BBQ BONUSES	SHOPPING INFO
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 Yves Meatless Chicken Burgers	Authentic, kid-friendly taste; chars beautifully	\$3.99/10.6 oz.; yvesveggie.com
 Gardein Home Style Beefless Tips	Tender and juicy; a robust addition to a vegetable kebab	\$4.99/9 oz.; gardein.com

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The number of gallons of water you can save per dishwasher load by not prerinsing (a step that doesn't improve cleaning anyway).

[Source: EPA]

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Iron is an essential nutrient in human health, playing a role in immune function, cardiovascular health and cognitive development. Iron is a constituent of hemoglobin, myoglobin, ferritin and a number of endogenous enzymes. While iron can be found in vegetables (spinach, corn) and beans (soybeans, kidney beans), its bioavailability is poor. Inorganic iron supplements such as ferrous sulfate, ferrous gluconate or ferrous fumarate still have low bioavailability and typically produce undesirable side effects such as gastric upset, constipation and nausea.

Albion Human Nutrition developed a patented form of non-heme iron with bioavailability and tolerance similar to heme iron. This ferrous iron supplement form is called Ferrochel®. Ferrochel is an organic form of iron known as an amino acid chelate (kee-late) and is more readily absorbed with a reduction in gastric irritation and unwanted reactions with other food nutrients. Ferrochel boasts many unique attributes that support its superior role as an iron supplement. Ferrochel is kosher and vegetarian friendly.



Look for the Albion® Gold Medallion on labels of these companies using Albion chelated minerals like Ferrochel® in their formulations:

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Life Zone

Circle reply #18 on Info Center card

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www.AlbionFerrochel.com/iron

[QUIZ]

(shelf) life preserver

Which raw veggie may have the stuff to replace artificial preservatives?



a. broccoli



b. carrot



c. celery



d. onion

Answer: d. onion. Research shows its flavonoids increase the life of fresh foods. [Source: International Journal of Food Science & Technology]



You'll want to be wielding a well-honed knife to enjoy all those juicy melons now in season. **Norman Weinstein**, author of *Mastering Knife Skills* and an instructor at the Institute of Culinary Education in New York, has been teaching knife know-how for almost 30 years. We gave him this FAQ:

How do I keep my knives sharp?

Keeping your knife's edge sharp requires honing, or truing, done with a quality steel, and sharpening. The steel straightens the microscopic teeth formed by sharpening, a job best left to a professional. Honing should be done practically every time you use a straight-edged knife. Failure to hone regularly results in a rounded, blunt knife edge, forcing you to work harder. Also, if you hone regularly, you'll postpone having to take your knives to a professional for sharpening; for most home cooks, sharpening once a year usually suffices.

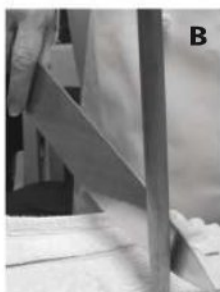
You'll want to purchase a steel from a reliable dealer. It should be 2 inches longer than your longest knife. Do not let the dealer talk you into buying a diamond-coated steel, which is a sharpening, not a honing, device. And do not use the steel on serrated knives. After honing, wipe the steel with a soft towel to remove any metal shavings.

TO HONE YOUR KNIFE:



1. Place a towel on a flat, nonskid surface such as your kitchen counter or a cutting board. Stand the steel firmly on the towel, perpendicular to the work surface.

2. Hold the knife toward the top of the steel, the tip pointing upward at a 45-degree angle. Twist your wrist to position the flat side of the blade at a 20-degree angle from the steel (see photo A).



3. Applying moderate pressure, draw the knife back and downward. Avoid turning your wrist; you want to keep the blade at a 20-degree angle to the steel (see photo B). About an inch or so from the bottom of the steel, using a follow-through motion, draw the knife tip off the steel. Repeat on the opposite side.

4. Repeat the entire process four or five times.

COURTESY NORMAN WEINSTEIN



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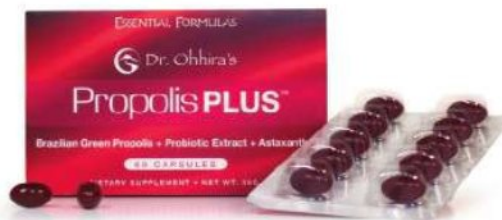
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BEST FOOT FORWARD

A good fit for summer, **Okabashi's 100-percent-recycled Maui Flip Flops** are also 100 percent vegan, 100 percent USA-made, and 100 percent recyclable. The company's proprietary blend of plastics allows it to run a waste-free facility, so Mother Nature will thank you—while your feet will be grateful for the massaging insole. And when it's time to say good-bye to your well-worn pair, simply pop them in the mail to Okabashi's recycling center, or toss them into your local recycle bin. \$24.99; okabashi.com



take a bite out of biotech

Want to reduce the amount of genetically modified organisms you eat? A seal created by the Non-GMO Project, a nonprofit including consumers, farmers, and manufacturers, is showing up on packaging this summer. To qualify, manufacturers must submit to testing of ingredients at high-risk of GMO contamination—such as corn, canola, flax, and soy—to ensure they fall below a 0.9 percent GMO threshold, as verified by an independent third party. “Consumers have a right to know what is in their food,” says project board member Michael Potter, CEO of Eden Foods. Investigate further at nongmoproject.org.

—ESTHER D'AMICO



GWENDA KACZOR

composting for urbanites

Are you tossing fruit and veggie peelings and leftovers into the trash or garbage disposal? Stop! Instead, recycle food scraps and disposable paper products into compost that can nourish your plants and save you money on fertilizer. (It's best to tear up paper and to dice food waste before composting.) You don't even need a backyard—simply set an automatic or an anaerobic composter on your kitchen counter or a vermiculture bin beneath the sink:

- Switching on an automatic composter turns about 40 pounds of waste per month into 10 to 12 pounds of compost.
- The red wiggler worms in a vermiculture bin can consume about half their weight in scraps per day, leaving behind a rich compost along with some liquid fertilizer (aka compost tea).
- Adding rice or wheat bran to an anaerobic bokashi bucket kicks off a waste “pickling” process that produces compost tea plus a bit of solid waste requiring recomposting.

Want to learn more? Visit mastercomposter.com.

—REBEKAH L. FRASER

Savvy Shopper

Check for indoor composting bins at your local hardware store, or online at:

cleanairgardening.com
gaiam.com
composters.com

Submit your favorite internationally inspired holiday recipes

FIRST PRIZE **\$500**

SECOND PRIZE **\$300**

THIRD PRIZE **\$200**

vegetarian
times

2010 reader recipe contest

From Moravian sugar cookies and Mexican tamales to Italian panettones or vegified Swedish meatballs, most cooks have an international specialty that is as much a part of holiday celebrations as cranberry sauce and pumpkin pie. If you've got a seasonal dish from another part of the world that's found a place on your holiday table, we'd like you to enter it in the *Vegetarian Times* 2010 Reader Recipe Contest.

**vegetariantimes.com/
recipecontest**
for entry forms and
contest rules

Simply send in your original vegetarian or vegan recipe (using one or more of the ingredients from the sponsor list below) by June 30, 2010. If your recipe is among the winners, you could win one of three cash prizes and see your holiday favorite featured in the November/December issue of *Vegetarian Times*.



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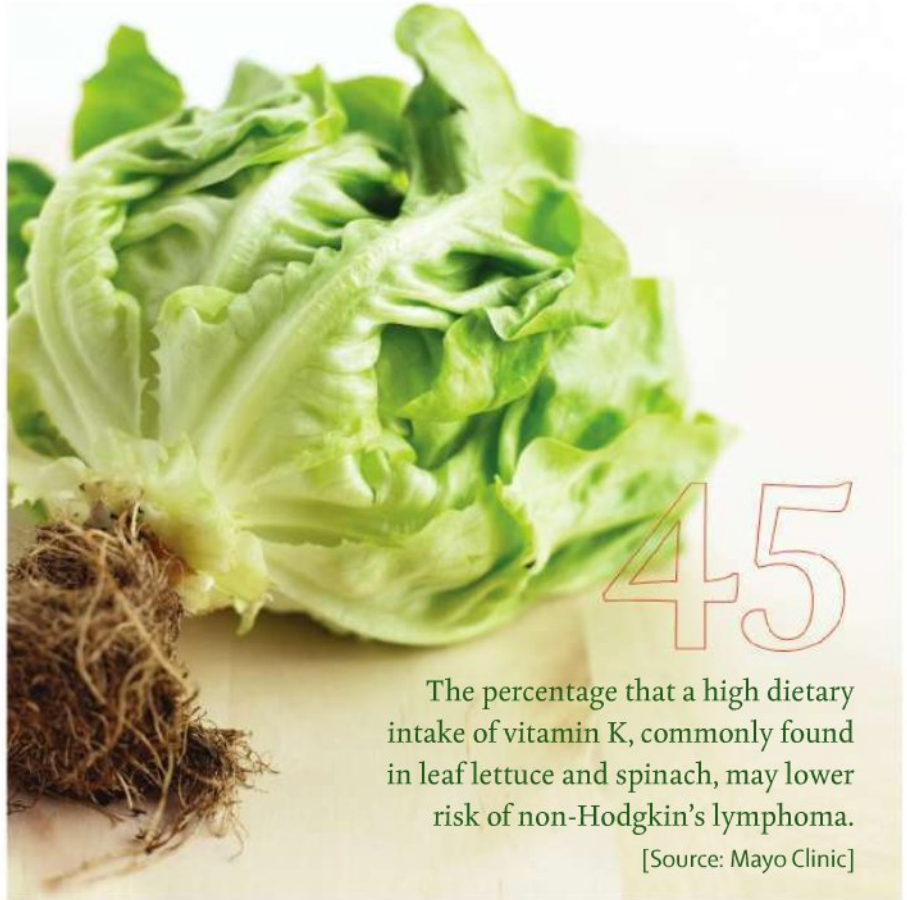


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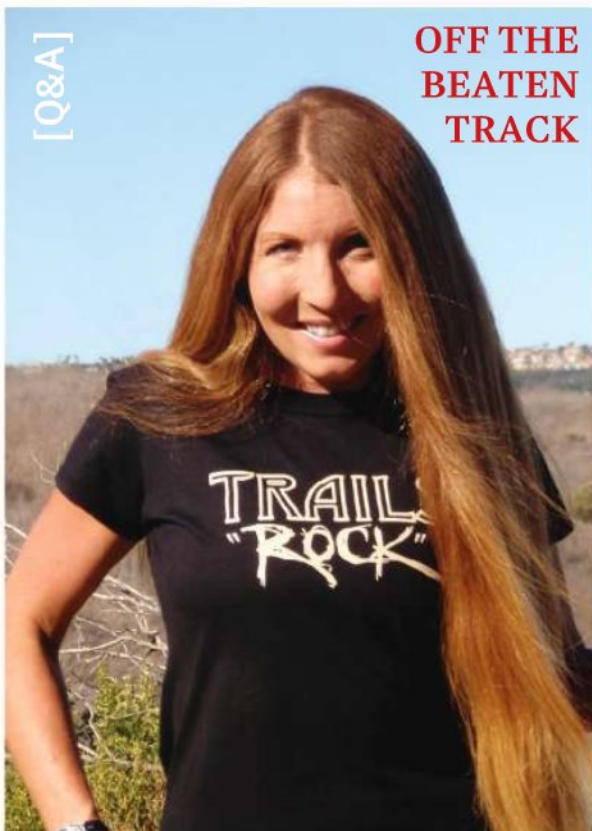
Hot Click! kitchengardeners.org

Wondering why your tomatoes are losing their leaves or how to plant garlic cloves to grow your own? Raise your gardening IQ with answers to these and other home horticulture questions via forums and blogs at this meeting place for Kitchen Gardeners International—the folks who helped sow the seeds for the White House kitchen garden. Be sure to visit the site in anticipation of Kitchen Garden Day, August 22.



The percentage that a high dietary intake of vitamin K, commonly found in leaf lettuce and spinach, may lower risk of non-Hodgkin's lymphoma.

[Source: Mayo Clinic]



[Q&A]

OFF THE BEATEN TRACK

Trail runners know **Michelle Barton** for her bright personality and phenomenal speed. The 39-year-old single mom from Southern California joined the elite ranks of her sport in 2007, when she broke five ultrarunning course records—racing 50-Ks and 50-milers—in just six weeks. This August, she'll run in Colorado's 113-mile TransRockies Run for the fourth time.

Q Ultrarunning distances exceed 26.2 miles, typically on challenging wilderness trails. What's the allure?

A I enjoy the people and the amazing sights, the awesome, high-alpine lakes and forests that probably less than 1 percent of the population gets to see. My favorite thing is to go on a really long training run in the mountains with friends—just to explore new trails, to be out there in wilderness, to be one with nature for a while.

Q What came first for you: ultrarunning or vegetarianism?

A Vegetarianism for sure. I became vegetarian when I was 18 years old. I was at my cousin's

graduation party, and I bit into a piece of barbecued chicken that was completely undercooked. That was the defining moment. I was like, "Oh no, I just can't do this."

Q You must need an unreal amount of energy to train and race. What are your favorite fueling foods?

A I'm addicted to couscous for energy. And I love edamame and tofu—anything soy—to rebuild my muscles. Another protein powerhouse I like is black beans with brown rice. Something else I eat plenty of is plain Greek yogurt. It's good for recovering from a race or run. —VANESSA GREGORY

DOUG MALEWICKI



Digestive Health



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Circle reply #3 on Info Center card



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win! 

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PLAY WITH FIRE

SMART SKEWERS

Fire Wire stainless steel skewers are so flexible, you can string them with veggies and then stuff them into a marinade-filled plastic bag until it's time to grill. \$12.09/set of 2; amazon.com

GRILL TOPPER

Veggies cook up evenly—and won't fall into the flames—when they're cooked on a Sur La Table 17- x 11½-inch Stainless Steel Grill Grid. \$25; surlatable.com

APRON WITH A KICK

Stain-hiding black, roomy pockets, and an adjustable neck strap make this chili-adorned heavyweight from Bishop Aprons a winner. \$14.95; bishopaprons.com

GET A GRIP

Navigate a hot grill safely and easily with the 18-inch ergonomic OXO Steel Grilling Tongs, made from durable stainless steel. \$14.99; oxo.com

NICE SPICE

Simply Organic Grilling Seasons Vegetable Seasoning has just the right blend of onion, garlic, pepper, sea salt, cumin, and other herbs to make veggies taste great. \$4.49; simplyorganicfoods.com

SAUCE SAVER

The Bodum Bistro Sauce Pot has a built-in silicone basting brush that doubles as an airtight lid, so you can pop leftover barbecue sauce straight into the fridge. \$19.95; bodumusa.com 

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Whether your fortieth birthday is just coming up or has long since passed, there is really nothing very special about it. At forty, we are still young, active and vigorous – in the prime of life – just one day older.

But forty is when we begin to realize that the spring and summer of youth are over. We start to look for signs of the coming autumn. We search for that occasional grey hair. We wonder if that really is a little bulge beginning in our stomach and we weigh ourselves more often. Every rocket has its trajectory. It shoots upwards with limitless power, reaches an apex – hangs for a while and begins to decline.

WHAT ARE "FREE RADICALS"?

While there are many contributing causes of aging, one receiving great attention in the scientific community is the danger to our cells posed by "Free Radicals". These are a class of highly corrosive oxidizing molecules that are fragmented and unstable. They have unattached electrons which cause them to attack cells in order to complete themselves. They react with essential bio-chemicals in the cells – rendering them useless – or they may modify the DNA in our cells which contains the program of cell reproduction. "Free Radicals" have been identified as a contributing factor in arthritis and are suspected of being the mechanism by which dormant cancer cells could become activated. Our main defense against the degenerative effects of "Free Radicals" is a group of molecules called **antioxidants**. These are known as "Free Radical Scavengers". They attack, neutralize and render the "Free Radicals" harmless. Among the primary **antioxidants** are Vitamins "E" and "C", Beta-carotene, Selenium and other nutrients, all of which are found in effective quantities in **OVER 40™**

WHAT ABOUT OUR IMMUNE SYSTEM?

The air we breathe, the water we drink, the food we eat and the things we touch all contain untold billions of micro-organisms, viruses, pollutants, toxins and carcinogens – many of them potentially lethal. Yet most of us lead relatively healthy lives. The fact is that we have an astonishingly effective natural defense – our **immune system**. However, like the rest of the body, the **immune system** deteriorates with age making it more susceptible to infections and degenerative diseases such as cancer, arthritis and so-called "old age" ailments. The current **AIDS** epidemic has made us realize that, if the **immune system** totally collapses, death is inevitable.

The control of the **immune system** lies in the thymus gland. The enzymes it produces govern the production of white blood cells known as "T" cells – the real fighters of the defense system. There are three types of "T" cells:- "**Killer cells**" that attack and destroy foreign organisms and cancer cells; "**Helper cells**" that aid in the production of antibodies and "**Suppressor cells**" that prevent the immune system from attacking one's own tissue.

Other danger areas, as we grow older, are the **intestinal tract** and the **colon**. Here, nutrients are absorbed, vitamins manufactured and poisons dumped for disposal. The health of the body depends on the proper functioning of the intestines. A smooth flow must be maintained and a flora of "**friendly**" **bacteria** must remain present. Each portion of **OVER 40™** supplies a million or more units of the important bacteria "**acidophilus**" – the active ingredient in yogurt.

Circle reply #17 on Info Center card

OVER 40™ contains our special blend of **fruit, grain** and **vegetable fiber** (to provide proper bulk), **antioxidants, enzymes, free radical scavengers plus all essential vitamins, minerals** and **proteins** which assist in protecting cells from premature degeneration.

There is a lot to say about the impact of **OVER 40™** on the cardiovascular and nervous systems. In this brief space we have concentrated on the damaging effects of "**Free Radicals**" on the cells in our body because, reduced to its lowest dimension, the humble cell is life itself.

OVER 40™ is a comprehensive nutritional supplement for the particular needs of maturity. There is absolutely nothing comparable on the market. It is a pleasant-tasting powder which you may mix in milk, juice or yogurt. **OVER 40™** is available in your choice of Unflavored, Tropical Fruit flavor or Vanilla Custard flavor. It is an ideal meal substitute for those who are weight-conscious.

OVER 40™ is supplied in one pound cans and may be acquired at leading health food stores throughout the United States. Other products from Lewis Labs., include: 100% Pure Premium Brewer's Yeast*, Fiber Yeast*, Fabulous Fiber*, Super Fabulous Fiber, The Lecithin from Lewis Labs*, RDA*, Staminex, Staminex with Stevia Extract*, Staminex with Ginseng and Weigh Down*.

*Available taste samples @
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HAPPY FEET

Treat on-the-go tootsies to all-natural priming

The arrival of sandal season adds extra incentive to better care for your tired, stressed-out feet. "Many people are hesitant to even touch their feet," says Sedona, Ariz.-based holistic pedicurist Deb Lovejoy. "But taking time to scrub and soften each day helps keep them healthy—and helps you feel great all over." Start by soaking in ankle-deep warm water for 10 minutes, then get your feet in show-off shape using these at-home beauty supplies.

1. Thanks to water-based, nontoxic **Acquarella Nail Polish** (\$18/0.5 oz.; acquarellapolish.com), you can pretty up your toes free of such harsh chemicals as formaldehyde and phthalates. Try a striking shade of purple, blue, or green, or choose from an array of classic reds and pinks (such as Bliss, shown).

2. Save your feet from summer heat with **Priti Deep Rosemary & Mint Organic Foot Spray** (\$8/4 oz.; pritinyc.com). This energizing spritzer is loaded with peppermint essential oil for a long-lasting cooling sensation.

3. Exfoliation is essential for smooth, sandal-ready feet. To slough off dead skin cells and keep calluses away, massage with **J.R. Watkins Natural Peppermint Foot Scrub** (\$10.99/12 oz.; jrwatkins.com).

4. Made without potentially irritating acetone, aloe vera-infused **G2 Organics Nail Polish Remover** (\$15.95/4 oz.; g2organics.com) gets its polish-stripping power naturally, from alcohol and corn extracts.

5. With its luscious blend of olive and coconut oils, oat-protein-rich **Burt's Bees Coconut Foot Creme** (\$9/4.34 oz.; burtsbees.com) locks in moisture to leave feet baby-soft and smelling sweet.

6. To help tame rough spots, slather them with seriously soothing **derma e Cracked Skin Relief Crème** (\$13.50/2 oz.; dermae.net). Naturally infection-fighting compounds pair with healing botanicals, such as aloe vera, arnica, and jojoba oil. 🌿

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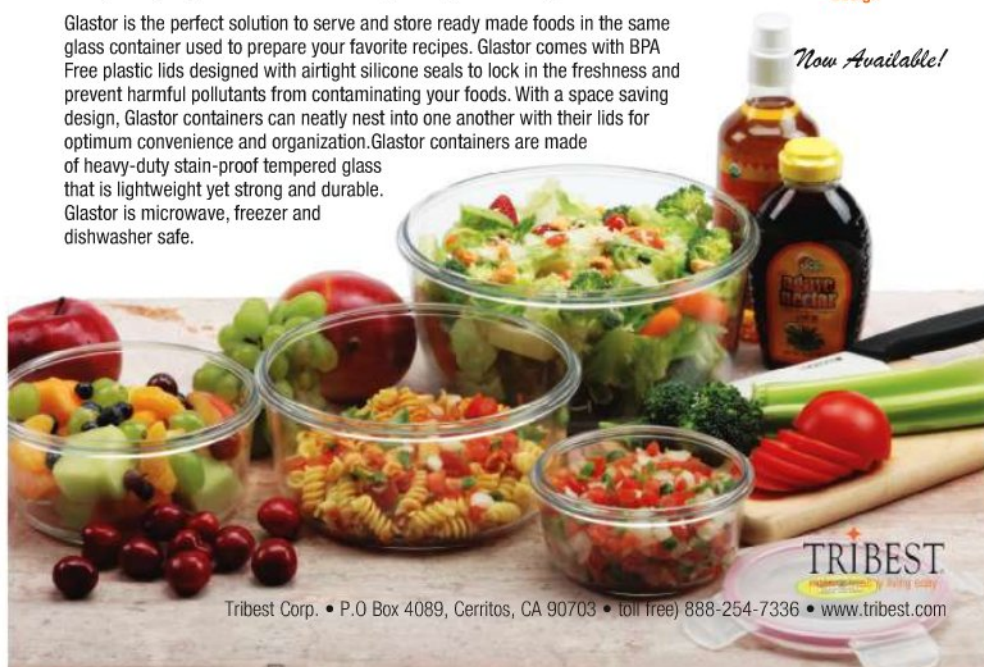


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Circle reply #32 on Info Center card



carbs demystified

What you need to know to choose wisely

Q I'm really confused about carbohydrates. I've been hearing so much about the glycemic index and glycemic load, but what do these terms really mean?

A Carbohydrates have been controversial for decades. Many people have blamed bread, pasta, and potatoes for weight gain or diabetes. The indictment has not held up well, given that people who eat generous amounts of carbohydrates (many Asian cultures and vegetarians, for example) are the thinnest people on the planet, with enviably low diabetes rates. Not to mention the fact that carbohydrates have less than half the calories found in fats—4 calories per gram for carbs, versus 9 for fats. Carbohydrates

power our movements, our thoughts, and myriad other functions by providing glucose—blood sugar. So how could they pose any sort of problem?

There are legitimate issues about carbohydrates. The first problem is that carbs often act as a Trojan horse; hiding inside that seductive cookie or croissant may be enough butter or margarine to pack on the pounds.

And carbohydrate-containing foods vary dramatically. A liter of cola and a bean burrito both contain a great deal of carbohydrates, but they have vastly different effects on the body. Here are two markers for rating carbohydrate-containing foods:

Refined versus unrefined. When the outer (bran) layer and inner germ layer are removed from grains, the result is white bread, white pasta, or white rice, with most of the beneficial fiber gone. Unrefined (whole) grains keep the fiber intact.

High GI versus low GI. In 1981, David Jenkins, MD, PhD, DSc, from the University of Toronto invented the glycemic index to distinguish foods that release sugars into the bloodstream rapidly from those that release sugars more gradually. The test is done by feeding a measured amount of a test food to volunteers and tracking their blood sugar over the next two hours.

Low-GI foods can help people with diabetes maintain healthful blood sugar levels. They may also help reduce triglycerides (blood fats). And for people who have bouts of low blood sugar (hypoglycemia), lower-GI foods can steady the blood sugar roller-coaster rides.

But which foods are high-GI and which are low-GI? If you look online, you will find all manner of glycemic index charts, often with contradictory numbers. The most reliable site, glycemicindex.com, is from the University of Sydney.

And to simplify things, here are some of the main high-GI foods, with their low-GI alternatives:

- Wheat breads (white or whole wheat) have a high GI, while rye and pumpernickel are lower.

ILLUSTRATION Kali Ciesemier

- White potatoes have a high GI, while yams and sweet potatoes are lower.
- Most cold cereals have a high GI; bran cereals and oatmeal are lower.
- Sugar itself is higher than most fruits, which, despite their sweetness, have an unexpectedly low GI.

Some foods are wonderfully low-GI—beans and green leafy vegetables, for example. And pasta is low-GI, believe it or not, even though it is made from wheat flour, just like wheat bread. The explanation is that bread is made with yeast, which creates air pockets as it rises. During digestion, stomach acid and digestive enzymes can enter these air pockets and quickly break the bread apart. Pasta—yes, even white pasta—is denser, so it digests much more slowly.

Q What's the difference between glycemic index and glycemic load?

A The concept of glycemic load is that if you have only a little bit of a high-GI food, it will not perturb your blood sugar. But if you eat more of it, the effect is more pronounced. The glycemic load is calculated by multiplying the glycemic index of a food by the amount you're eating. In other words, it means that a food's effect on blood sugar depends not just on its GI, but on how much of it you actually put on your plate.

So here's the bottom line: as a group, carbohydrate-containing foods are healthful energy sources that are not responsible for weight problems. And it's easy to pick out the best choices. The healthiest ones are those that are not impregnated with fat, keep their natural fiber, and are low-GI. That means most whole grains, legumes, vegetables, and fruits. 🌱

Neal D. Barnard, MD, lives in Washington, and keeps his kitchen stocked with plenty of beans and vegetables.

the world's largest collection of vegetarian recipes



Top 5 Things to Do on VegetarianTimes.com

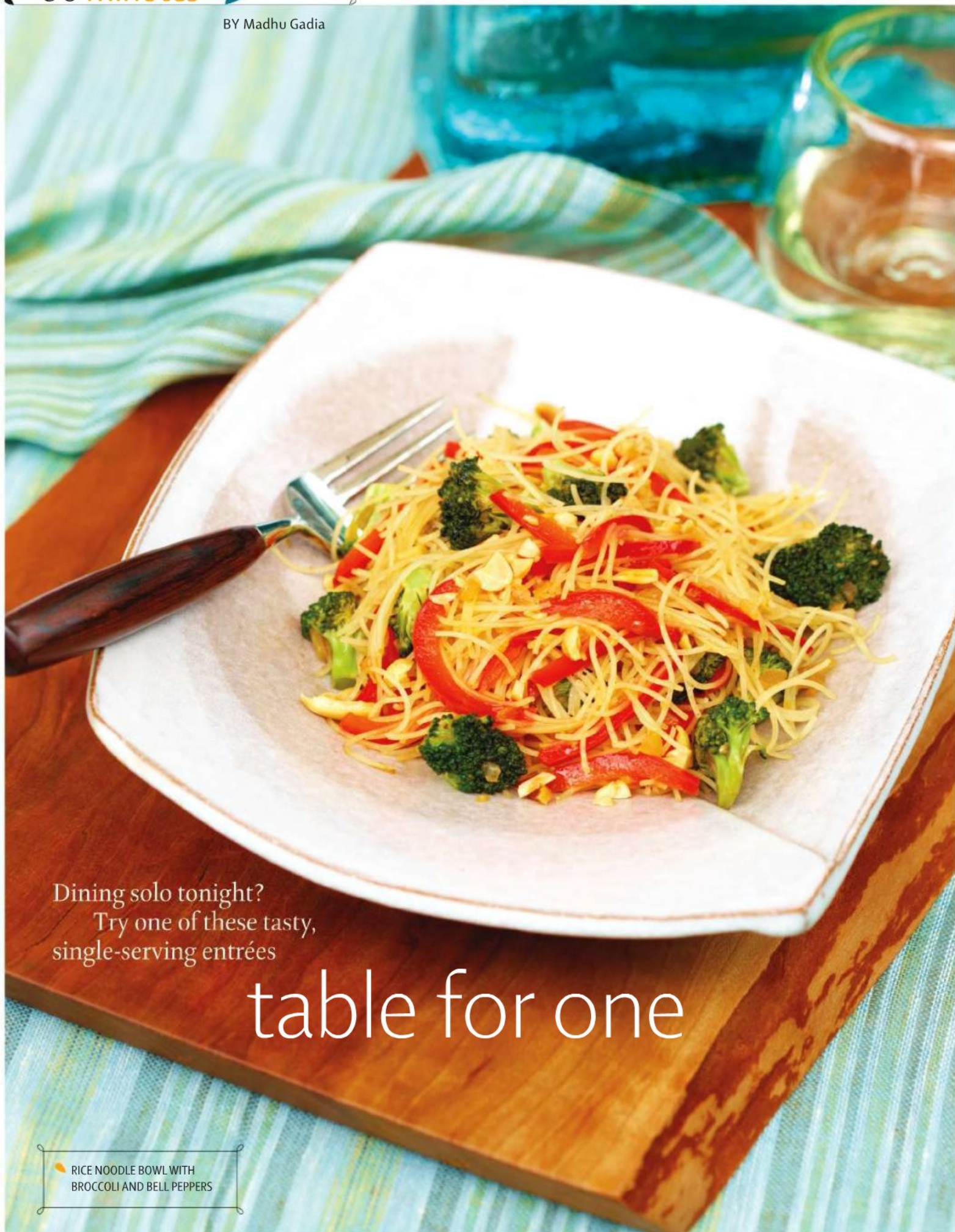
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1. Quinoa Salad with Orange-Cumin Vinaigrette 2. Nigiri Sushi with Avocado, Cucumber, and Shiso Leaves 3. Jasmine Risotto Spring Rolls with Vanilla Dipping Sauce 4. Burst-of-Spring Spinach Salad 5. Honey-Goat Cheese Phyllo Triangles 6. Raclette-Topped Broiled Tomatoes 7. Vegetarian Pho 8. Mini Pumpkin-Sage Balls 9. Herbed Ricotta Cheese Toasts 10. Lemon-Rosemary Butter Cookies 11. Chili Con Tempeh 12. Oranges Givrées

vegetariantimes.com

30 minutes

BY Madhu Gadia



Dining solo tonight?
Try one of these tasty,
single-serving entrées

table for one

 RICE NOODLE BOWL WITH
BROCCOLI AND BELL PEPPERS

PHOTOGRAPHY Mario de Lopez FOOD STYLING Liesl Maggiore PROP STYLING Robin Turk

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Tired of eating overpriced take-out or *another* bowl of pasta on those evenings you find yourself dining alone? Fast and deliciously original, the single-serving dishes featured here cut down on quantities, but not on taste. And since the only palate you have to please is your own, we've also come up with ways to personalize each dish for ultimate dinner satisfaction.

Rice Noodle Bowl with Broccoli and Bell Peppers

SERVES 1 | 30 MINUTES OR FEWER

Rice noodles give a simple stir-fry a homey feel. Because the bunches of long threads can be hard to measure for one person, we've called for breaking them into pieces. Some other vegetables to throw into the stir-fry along with or in place of the broccoli: yellow squash, snow peas, sliced mushrooms, and grated carrots.

- 1½ oz. dried rice noodles (¾ cup), broken into 1-inch pieces
- 2 tsp. low-sodium soy sauce
- 1 tsp. rice vinegar
- 1 tsp. sugar
- 1 tsp. chile sauce, or to taste
- 2 tsp. canola oil
- ¼ cup finely chopped onion
- 1 clove garlic, minced (1 tsp.)
- ½ cup thinly sliced red bell pepper
- ½ cup broccoli florets
- 1 Tbs. chopped roasted peanuts, optional

1. Bring 2 cups water to a boil in medium saucepan. Add broken noodles. Remove from heat, and let stand 5 to 7 minutes, or until noodles are rehydrated. Drain, and discard water.
 2. Meanwhile, whisk together soy sauce, rice vinegar, sugar, chile sauce, and ¼ cup water in small bowl. Set aside.
 3. Heat oil in skillet over medium-high heat. Add onion and garlic, and stir-fry 1 minute. Add bell pepper and broccoli, and cook 1 minute more. Add soy sauce mixture, bring to a boil, and cook 1 minute more, or until bell pepper and broccoli are tender. Stir in noodles. Serve sprinkled with roasted peanuts, if using.
- PER 1½-CUP SERVING: 311 CAL; 3 G PROT; 10 G TOTAL FAT (2 G SAT FAT); 55 G CARB; 0 MG CHOL; 473 MG SOD; 3 G FIBER; 9 G SUGARS 

Kidney Bean and Tomato Curry

SERVES 1 | 30 MINUTES OR FEWER

This Indian curry recipe puts a whole new spin on rice and beans for supper. If you're not keen on kidney beans, try white beans, black beans, pinto beans, or even chickpeas. If you want more vegetables in the mix, add trimmed green beans, sliced squash, or okra to the kidney beans. Serve over rice.

- 2 tsp. vegetable oil
- ¼ cup finely chopped onion
- ½ cup finely chopped tomato
- ½ tsp. grated fresh ginger
- ⅛ tsp. ground turmeric
- 1 tsp. ground coriander
- 4 Tbs. plain low-fat yogurt, divided
- ¾ cup cooked kidney beans, rinsed and drained
- ¼ tsp. garam masala
- 1 tsp. lemon juice
- Chopped cilantro for garnish, optional

1. Heat oil in medium skillet over medium-high heat. Add onion, and cook 7 to 10 minutes, or until light brown. Stir in tomato, ginger, turmeric, and coriander. Cover, and cook 2 to 3 minutes, or until tomatoes are soft. Whisk in 2 Tbs. yogurt and ½ cup water. Stir in kidney beans, cover, and bring to a boil. Reduce heat to medium-low, and simmer 10 minutes.
2. Mash a few kidney beans in pan, then stir in garam masala and lemon

juice, and season with salt and pepper, if desired. Serve topped with remaining 2 Tbs. yogurt and garnished with cilantro, if using.

PER SERVING (1-CUP CURRY): 329 CAL; 17 G PROT; 11 G TOTAL FAT (1 G SAT FAT); 44 G CARB; 4 MG CHOL; 659 MG SOD; 15 G FIBER; 9 G SUGARS 

Toasted Whole-Wheat Couscous with Basil and Sunflower Seeds

SERVES 1 | 30 MINUTES OR FEWER

Toasting couscous before cooking it gives it a nutty flavor and hearty, chewy texture. You can also top the couscous with any leftover steamed or grilled vegetables you may have in the fridge.

- ⅓ cup whole-wheat couscous
- 2 tsp. canola oil
- ¼ cup finely chopped green onions
- 1 cup diced red bell pepper
- ¼ cup finely chopped fresh basil
- Pinch cinnamon
- 2 Tbs. dry-roasted, unsalted sunflower seeds
- 2 Tbs. crumbled feta cheese, optional

1. Heat skillet over medium-high heat. Add couscous, and toast 3 to 4 minutes, stirring occasionally. Transfer to plate.
2. Heat oil in same skillet over medium-high heat. Add green onions, and sauté 2 minutes. Stir in bell pepper, basil, and cinnamon, and sauté 2 minutes, or until basil is wilted. Add ¾ cup water, and bring to a boil. Add couscous, reduce heat to medium-low, cover, and simmer 5 minutes, or until water is absorbed. Transfer to plate, and top with sunflower seeds and feta, if using.

PER 2-CUP SERVING: 350 CAL; 10 G PROT; 18 G TOTAL FAT (2 G SAT FAT); 44 G CARB; 0 MG CHOL; 4 MG SOD; 9 G FIBER; 5 G SUGARS

ready
veggies

Got leftover veggies after making a meal for one? Take five minutes to steam them. That way they can be ready to eat or to be used in a quick salad or stir-fry when you're strapped for time.

30 minutes



Eggplant Parmesan

Two-cup (16-oz.) baking dishes and ramekins are the perfect size for single-serving baked entrées.

Pink Lentils with Zucchini

SERVES 1 | 30 MINUTES OR FEWER

Pink lentils cook in just 10 minutes, making them an ideal dried legume for quick suppers. A splash of vinegar at the end brightens the flavors of both the lentils and the spinach without adding extra fat or calories. For a different flavor combination, substitute cilantro for the sage and curry powder for the mustard.

- 3 Tbs. pink lentils, rinsed and drained twice
- 2 tsp. chopped fresh sage
- 1 tsp. Dijon mustard
- ¼ tsp. salt, divided
- 1 tsp. canola oil

- 1 small zucchini, quartered and sliced ¼-inch thick (1 cup)
- ½ cup chopped tomato
- 1 clove garlic, minced (1 tsp.)
- 1 cup baby spinach leaves
- Balsamic vinegar, for drizzling

1. Combine lentils, sage, mustard, ⅛ tsp. salt, and ¾ cup water in medium saucepan. Cover, and bring to a boil. Reduce heat to low, cover, and simmer 8 to 10 minutes, or until lentils are tender but not soft.
2. Meanwhile, heat oil in skillet over medium-high heat. Add zucchini, tomato, garlic, remaining ⅛ tsp. salt, and 1 Tbs. water. Cover, and simmer 3 to 4 minutes,

or until zucchini is tender but still crunchy. Stir in lentil mixture, and cook 2 minutes more. Season with salt and pepper, if desired. Serve hot over spinach leaves. Drizzle with balsamic vinegar.

PER 1-CUP SERVING: 221 CAL; 12 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 33 G CARB; 0 MG CHOL; 752 MG SOD; 7 G FIBER; 5 G SUGARS  

Eggplant Parmesan

SERVES 1 | 30 MINUTES OR FEWER

Slender Japanese eggplant comes in a perfect single-serving size and needs no salting before you cook it. Try different pasta sauces for a variety of flavor results.

- ½ cup spaghetti sauce, divided
- ¼ cup low-sodium breadcrumbs
- 1 tsp. Italian seasoning
- 1½ tsp. canola oil
- 1 5- to 6-inch Japanese eggplant, cut into ¼-inch-thick slices on the diagonal
- 1 small egg, beaten
- ¼ cup grated low-fat mozzarella cheese, divided
- 2 tsp. grated Parmesan cheese, divided
- ¼ tsp. dried basil

1. Preheat oven to 350°F. Coat small baking dish with cooking spray, and spread with 2 Tbs. spaghetti sauce.
2. Combine breadcrumbs and Italian seasoning in shallow bowl. Heat oil in nonstick skillet over medium-high heat. Dip eggplant slices in egg, then in breadcrumb mixture. Cook slices in single layer in oil 1 to 2 minutes per side, or until light brown. Place half of eggplant slices in single layer in prepared baking dish, and sprinkle with 2 Tbs. mozzarella and 1 tsp. Parmesan. Discard remaining egg and breadcrumbs.
3. Place remaining eggplant slices, remaining sauce, and remaining mozzarella and Parmesan over eggplant in dish. Sprinkle with dried basil. Bake 15 minutes, or until golden brown, or microwave 5 minutes, turning baking dish halfway through cooking time to heat evenly.

PER 1½-CUP SERVING: 270 CAL; 15 G PROT; 15 G TOTAL FAT (3 G SAT FAT); 21 G CARB; 119 MG CHOL; 430 MG SOD; 4 G FIBER; 9 G SUGARS 

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pearly delights

Tap into the texture-enhancing power of tapioca

THE SCOOP Certain foods evoke almost visceral memories of childhood, and tapioca is high on that list. Most people know tapioca as a sweet pudding with chewy, intriguing bits, but fresh new uses are redefining this school-lunch favorite.

Tapioca granules and pearls are made from starch extracted from cassava, a potato-like root used in South American and Asian cooking. Sizes range from small white granules no bigger than a pinhead to large black or colored pearls as big as marbles. The pearls have become the darling of chefs because of their ability to absorb flavor and add thickness to chilled soups, mousses, and custards. And tapioca pearls are at the bottom—literally—of the bubble tea (aka boba) craze: the cold tea-based drink gets its name from the large, chewy pearls that look like bubbles clustered at the bottom of the glass.

HOW IT'S USED Tapioca can be simmered in a liquid to thicken it (think pudding) or cooked until semitransparent in water, then drained, and added to a dish for texture. Cooking times range from 15 minutes for quick-cooking granules to 30 minutes for larger pearls. You can use tapioca to make a flavorless thickener for soups and gravies by cooking the pearls in water, then straining them out, according to Kendall McFarland, product manager at Frontier Natural Products Co-Op in Norway, Iowa. "This works when you want density but not the thickness or texture of the tapioca. The starch is extracted from the pearls the same way boiling potatoes extracts their starch into the cooking water," she explains.

SHOPPING TIPS Find organic and conventional granulated tapioca and tapioca pearls in varying sizes at most grocery stores. For large bubble tea tapioca pearls and a wide assortment of colored tapioca granules and shapes, check out the selection in Asian markets where they may also be labeled "sagou" or "manioc."

Chocolate Tapioca Pudding

SERVES 8

In this recipe, granulated tapioca thickens chocolate soymilk into a luscious pudding without the addition of flour or eggs. Granulated tapioca cooks up smaller and smoother than pearl tapioca, so the pudding may just win over avowed tapioca pudding haters; this recipe converted *VT* recipe tester Fiona Kennedy.

- 1 qt. chocolate soymilk
- $\frac{1}{8}$ tsp. salt
- $\frac{1}{4}$ cup quick-cooking granulated tapioca, such as Let's Do...Organic
- $\frac{2}{3}$ cup gluten-free vegan chocolate chips, such as Enjoy Life

Bring soymilk and salt to a simmer in medium saucepan over medium heat. Stir in tapioca, and reduce heat to low. Cook at a low simmer 20 to 25 minutes, or until tapioca is transparent and pudding begins to thicken. Remove from heat, and stir in chocolate chips until melted. Cool completely before serving.

PER $\frac{1}{2}$ -CUP SERVING: 159 CAL; 3 G PROT; 6 G TOTAL FAT (3 G SAT FAT); 26 G CARB; 0 MG CHOL; 89 MG SOD; 2 G FIBER; 15 G SUGARS

Chef and food writer Lisa Turner became a tapioca fan after working on this story.

PHOTOGRAPHY: MAREN CARUSO; FOOD STYLING: ROBYN VALARIK; PROP STYLING: CHRISTINE WOLHEIM



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watermelon

Why this ultra-refreshing fruit is a summer must



HOW IT HEALS No other fruit says summer quite like thirst-quenching watermelon. This member of the *Cucurbitaceae* family owes much of its health-giving powers, as well as its fetching blush, to an abundance of the phytochemical lycopene. “By helping counter oxidative stress, lycopene may play a role in taming certain cancers and maintaining healthy eyesight,” says Wendy Bazilian, DrPH, RD, coauthor of *The SuperFoods Rx Diet*. A study in *The American Journal of Clinical Nutrition* found that women with the highest levels of lycopene in their blood were half as likely to develop cardiovascular disease as women with low amounts. Watermelon is also rich in citrulline, “an amino acid used to make arginine, which relaxes blood vessels to help maintain a healthy heart,” Bazilian adds. And those seeds we tend to discard? They’re packed with magnesium, a mineral vital for nerve function, blood pressure regulation, immunity, and bone health.

EAT IT UP Sweet, juicy watermelon wedges are perfect fare for a picnic or beach day snack. Or lay ½-inch-thick watermelon slices on the grill and heat both sides. Bazilian recommends pouring puréed seedless watermelon into ice cube trays, freezing, and adding to your favorite beverage. Watermelon also livens up salsas, chutneys, compotes, vinaigrettes, and spinach or watercress salads. For backyard parties, a carved-out watermelon filled with seasonal fruits creates a colorful centerpiece. When pickled, the edible rind makes a tangy condiment. As for the seeds, try roasting them, then tossing into oatmeal, soups, or salads.

Look for organic watermelons at farmers’ markets, where you’re also

PHOTOGRAPHY Mike Lorrig PROP STYLING Andrea Kraus

likely to come across such varieties as the hybrid seedless mini.

Research suggests that keeping whole watermelons at room temperature can increase their lycopene levels by up to 40 percent. Once cut, watermelons should be refrigerated to help preserve freshness and flavor.

Lycopene levels can increase by up to 40 percent when whole watermelon is kept at room temperature.

Watermelon Salad with Feta and Mint

SERVES 4 | 30 MINUTES OR FEWER

This cooling combination of watermelon, fresh herbs, and crumbled cheese is sure to pleasantly surprise summertime guests. Serve immediately after preparing to prevent the cheese from getting soggy.

- 2 cups diced watermelon (1-inch dice)
- ½ cup crumbled feta cheese, queso blanco, or ricotta salata (1½ oz.)
- ¼ cup chopped green onions
- ¼ cup mint leaves, chiffonade
- 1 Tbs. lime juice
- 1 Tbs. olive oil

Gently toss together all ingredients in large bowl, using hands to keep from crushing watermelon and cheese. Season with salt and pepper, if desired.

PER ½-CUP SERVING: 104 CAL; 3 G PROT; 7 G TOTAL FAT (3 G SAT FAT); 9 G CARB; 17 MG CHOL; 214 MG SOD; <1 G FIBER; 7 G SUGARS

Canada-based writer Matthew G. Kadey, RD, may have tried vodka watermelon once or twice during his university days.

Turn over a New Leaf. Start with your smoothie.

Smoothies are the signature summer alternative to high calorie milkshakes and malts. Organic sun-kissed berries blend beautifully with home-grown grapes and just-picked peaches—or do they? For a perfect smoothie, bursting with flavor and silky-smooth from start to finish, you need more than the right ingredients. **You need a Vitamix® 5200.**

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salad days

Jazz up summer meals with 4 reinvented classics



EGGLESS SALAD, p. 40

Veg chefs love the challenge of coming up with tasty vegan versions of beloved recipes, and creating plant-based alternatives to classic deli and restaurant salads probably tops their list of satisfying endeavors. Here, four of the country's best veg innovators share their stories and recipes so you can see how they put themselves to the test—and succeeded.

PHOTOGRAPHY: PORNCHEI MITTONGTARE; FOOD STYLING: LIESL MAGGIORE; PROP STYLING: ROBIN TURK

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Eggless Salad

SERVES 8

Pankaj Pradhan, chef-owner of the Red Lentil restaurant in Watertown, Mass., drew on his varied culinary experiences to create this recipe. "I wanted to give a little zing to an eggless salad for the restaurant and played around with the spices," he says. On warm, sunny days, Pradhan serves the salad over mesclun greens. *Recipe courtesy of Red Lentil.*

- 2 16-oz. pkgs. extra-firm tofu, drained, and cut into 2 slabs
- 3 Tbs. low-sodium soy sauce

- 2 Tbs. cider vinegar
- 2 Tbs. rice vinegar
- 2 Tbs. maple syrup
- 1 clove garlic, minced (1 tsp.)
- ½ cup finely chopped celery
- ½ cup soy mayonnaise
- ¼ cup finely chopped red onion
- ¼ cup chopped cashews
- ¼ cup golden raisins
- 2 Tbs. chopped cilantro
- 1 Tbs. paprika
- 1 Tbs. ground turmeric
- 1 Tbs. ground cumin
- 1 Tbs. ground coriander
- 1 Tbs. lemon juice

1. Preheat oven to 350°F. Press tofu slabs between two cutting boards 15 minutes to remove excess water. Pat dry, and place in baking dish.

2. Whisk together soy sauce, cider vinegar, rice vinegar, maple syrup, and garlic in bowl. Pour soy sauce mixture over tofu. Bake 15 minutes. Cool.

3. To assemble salad, crumble baked tofu in bowl. Stir in all remaining ingredients, and season with salt and pepper, if desired.

PER ½-CUP SERVING: 234 CAL; 14 G PROT; 13 G TOTAL FAT (2 G SAT FAT); 16 G CARB; 0 MG CHOL; 330 MG SOD; 3 G FIBER; 7 G SUGARS 



Mexicali Chop with
Crunchy Tortilla Strips

Caesar Salad

SERVES 8 | 30 MINUTES OR FEWER

At the Regency House Spa in Hallandale Beach, Fla., executive chef John Nowakowski uses a zesty vinaigrette as a Caesar dressing alternative and as a marinade for grilled asparagus or other vegetables.

"I came up with the recipe after going out to a restaurant and tasting a Parmesan vinaigrette served with grilled vegetables," Nowakowski explains. "I wondered if I could duplicate it without all the fat and cheese." *Recipe courtesy of Regency House Spa.*

CROUTONS

- ¾ cup olive oil
- 2 cloves garlic, minced (2 tsp.)
- 2 tsp. chopped fresh oregano
- 2 8-inch whole-wheat pitas, cut into ¾-inch squares

VINAIGRETTE

- ¾ cup olive oil
- 4 oz. soy or rice Parmesan cheese
- ½ cup lemon juice
- ¼ cup brown rice vinegar
- 5 pitted green olives, plus 1 Tbs. olive juice
- 1 Tbs. sliced fresh basil
- 2 cloves garlic, minced (2 tsp.)
- 1 tsp. hot sauce

SALAD

- 2 heads romaine lettuce, coarsely chopped (12 cups)
- 2 8-oz. pkgs. Italian-flavored baked tofu, sliced, optional
- ¼ cup grated soy Parmesan cheese, optional

1. To make Croutons: Preheat oven to 375°F. Blend oil, garlic, and oregano in blender until smooth. Toss together pitas and oil mixture in bowl. Spread on baking sheet, and bake 15 to 18 minutes.
2. To make Vinaigrette: blend all ingredients in blender until smooth.
3. To assemble Salad: Toss lettuce with ½ cup Vinaigrette. Divide among serving plates, and top with Croutons, tofu slices (if using), and soy Parmesan cheese (if using).

PER SERVING (1½ CUPS SALAD WITH 1 TBS. DRESSING):
169 CAL; 4 G PROT; 13 G TOTAL FAT (2 G SAT FAT);
12 G CARB; 0 MG CHOL; 151 MG SOD; 3 G FIBER;
1 G SUGARS 

Home-baked tortilla strips and a cumin-spiked lime dressing make a fresh and festive Mexicali Chop.

Mexicali Chop with Crunchy Tortilla Strips

SERVES 8

"When Real Food Daily first opened, I used to sneak away to a nearby Mexican-inspired restaurant for a black bean-and-corn salad with guacamole, chips, and a beer," reminisces Ann Gentry, chef-owner of Real Food Daily in the Los Angeles area, and VT executive chef. "One day, I realized I could make my own version." Extra dressing will keep two weeks in the fridge. *Recipe courtesy of Real Food Daily.*

TORTILLA STRIPS

- 1½ tsp. canola oil
- 3 6-inch corn tortillas
- ½ tsp. chili powder
- ¼ tsp. maple crystals or sugar
- ½ tsp. salt

DRESSING

- ½ cup olive oil
- 2 cloves garlic, minced (2 tsp.)
- 2 tsp. ground cumin
- 2 tsp. ground coriander
- 1 tsp. sugar
- 1 tsp. salt
- ½ cup lime juice
- ¼ cup chopped green onion
- ¼ cup cilantro leaves
- Pinch cayenne pepper

SALAD

- 1 head romaine lettuce, sliced (8 cups)
- 2 medium tomatoes, chopped (2 cups)
- 1 avocado, diced (1 cup)
- 3 celery stalks, sliced (1 cup)
- 1 cucumber, seeded and diced (1 cup)
- 1 cup fresh or frozen, thawed corn kernels
- ¾ cup cooked pinto beans
- ½ cup jarred roasted red bell peppers, rinsed, drained, and sliced
- ½ cup finely chopped red onion

1. To make Tortilla Strips: Preheat oven to 350°F. Brush oil on tortillas. Cut in half, then cut into ½-inch-wide strips. Spread on baking sheet. Combine chili powder,

maple crystals, and salt in bowl. Sprinkle chili powder mixture over strips. Bake 15 minutes, or until crisp. Cool.

2. To make Dressing: heat oil, garlic, cumin, coriander, sugar, and salt in saucepan 2 to 3 minutes over low heat, or until garlic begins to sizzle.
3. Blend remaining Dressing ingredients with garlic oil in blender until smooth.
4. Toss together all Salad ingredients with Tortilla Strips and ¼ cup Dressing.

PER 1¾-CUP SERVING: 160 CAL; 4 G PROT; 8 G TOTAL FAT
(1 G SAT FAT); 21 G CARB; 0 MG CHOL; 229 MG SOD;
6 G FIBER; 5 G SUGARS  

Sea Salad (Mock Tuna Salad)

SERVES 4

Bliss Raw Café owner Dee Pissaro is committed to expanding the raw food experience to those in the Dallas–Fort Worth area. In this recipe, soaked sunflower seeds flavored with dulse flakes offer an easy introduction to raw cuisine. At Bliss, the salad is served with raw onion bread, nut mayonnaise, and fresh veggies, but you can put it on a bed of greens and accompany it with baked bread or crackers. *Recipe courtesy of Bliss Raw Café.*

- 1½ cups raw sunflower seeds
- 1 Tbs. olive oil
- ½ tsp. salt
- ¼ cup finely chopped celery
- 2 Tbs. finely chopped sweet pickles
- 2 Tbs. finely chopped fresh dill
- 2 Tbs. finely chopped fresh parsley
- 1½ Tbs. dulse flakes
- 1 Tbs. lemon juice

1. Place sunflower seeds in bowl, and cover with cold water. Soak 4 hours.
 2. Drain sunflower seeds, and pulse with oil and salt in food processor until chunky paste forms. Transfer to bowl. Stir remaining ingredients into mixture.
- PER ½-CUP SERVING: 270 CAL; 9 G PROT; 20 G TOTAL FAT
(4 G SAT FAT); 12 G CARB; 0 MG CHOL; 324 MG SOD;
5 G FIBER; 1 G SUGARS   

smokin' good!

Get flame-kissed flavor right in your own kitchen



 SMOKED PORTOBELLO
CLUB SANDWICH

Home-smoking may sound like an activity more for gung-ho meat eaters than for vegetarians, but the subtle way wood smoke kicks up the natural flavors of nuts, cheeses, vegetables—even tofu—makes the technique worth trying out. All you need is a sturdy stove-top smoker and a handful of wood chips, and you're ready to give your favorite foods a unique fire-roasted taste that'll be the envy of carnivores.

PHOTOGRAPHY Lisa Romerein FOOD STYLING Valerie Aikman-Smith PROP STYLING Ann Johnstad

WHAT YOU'LL NEED

Stove-top smoker This heavy-gauge stainless-steel pan with a tight-fitting lid keeps smoke and heat inside. The drip pan and food rack hold the food above the heat so it gets smoked, not seared. We like the Stovetop Smoker (shown at right) from Camerons Products; \$54.95; cameronsproducts.com.

Wood chips These resemble coarse cornmeal more than the large wood chips used for outdoor smoking. To smoke without wood chips, try the Chinese method of using black tea leaves.

Kitchen timer Stove-top-smoked foods can go from beautiful to burned in a matter of minutes, so it's important to check them often and use a timer.



3 EASY STEPS

1. **Spread wood chips** over bottom of smoker. Set drip pan over chips, and then set rack in place.
2. **Place food on rack.** To smoke small items, such as almonds, use a perforated foil pan.
3. **Cover smoker** almost totally—you'll want to see the first sign of smoke to start your timing—and set over medium heat. At the first wisp, close smoker completely and set the timer. It may take a few batches to figure out the perfect heat level and timing for your smoker. If food is fully smoked but not quite fully cooked, transfer to a baking pan and finish in a 350°F oven to prevent scorching.

Smoked Portobello Club Sandwich

MAKES 2 SANDWICHES

These trim, elegant sandwiches make a perfect lunch or hors d'oeuvre. They aren't hard to prepare, but there are a couple of things to keep in mind as you assemble them: shred the lettuce and slice the tomatoes and mushrooms very thin; doing so will help the sandwiches hold together and make them easy to nibble.

- 1½ Tbs. apple or hickory wood chips
- 2 Tbs. olive oil
- 1 Tbs. lemon juice
- 2 large (6-inch) portobello mushroom caps, stems and gills removed

- 6 thin slices white or whole-wheat bread, such as Pepperidge Farm Very Thin
- 1 plum tomato, thinly sliced
- 1 cup finely shredded romaine heart leaves (pale, tender white leaves)
- ¼ cup crumbled goat cheese

1. Prepare stove-top smoker with wood chips.
2. Whisk together oil and lemon juice in small bowl; season with salt and pepper, if desired. Brush both sides of mushroom caps with half of oil mixture, and set on smoker rack. Smoke 25 minutes, or until mushrooms are tender and light brown. Uncover smoker, and cool mushrooms.

3. Toast bread slices. Thinly slice mushroom caps on bias (cut on steep diagonal to get more surface area). Arrange mushroom slices in even layer over 2 toast slices. Add a layer of sliced tomato and another slice of toast. Toss together lettuce, goat cheese, and remaining oil mixture in small bowl. Divide lettuce mixture among sandwiches, and top with remaining toast slices. Press down lightly but firmly or weight with dinner plate for a few minutes to help keep fillings in place after slicing. Cut sandwiches into quarters.

PER 1/4 SANDWICH: 164 CAL; 5 G PROT; 9 G TOTAL FAT (2 G SAT FAT); 16 G CARB; 5 MG CHOL; 223 MG SOD; 2 G FIBER; 3 G SUGARS



Smoky Eggplant Spread

Tip: A foil-lined wok with a lid and a cooling rack can be used as a stove-top smoker.

Smoky Eggplant Spread

MAKES 1½ CUPS

Smoked eggplant and lightly caramelized onions come together for a tasty spread that's perfect on summer sandwiches. You can also serve it as a dip with whole-wheat pita chips or chunks of bread.

- 1¾ Tbs. hickory or maple chips
- 2 Tbs. salt
- 1 small Italian eggplant, cut into ½-inch-thick slices (14 oz.)
- 1½ Tbs. olive oil
- ½ medium yellow onion, finely diced (¾ cup)
- 1 clove garlic, minced (1 tsp.)
- 2 Tbs. chopped parsley
- 1 Tbs. lemon juice
- Hot sauce, to taste

1. Prepare stove-top smoker with wood chips.
2. Sprinkle fine layer of salt on baking sheet. Place eggplant slices on salt, and salt eggplant tops. Let stand 15 minutes.
3. Rinse eggplant slices under cold water, and pat dry. Arrange eggplant slices on smoker rack (it's OK if they overlap slightly). Smoke eggplant slices 25 minutes, or until tender. Remove from heat, leave covered, and cool to room temperature.
4. Meanwhile, heat oil in small skillet over medium heat. Add onion and garlic, and cook 10 minutes, or until onion is tender and lightly browned, stirring occasionally.
5. Chop cooled eggplant to coarsely puréed texture. Transfer to bowl, and stir in onion and garlic, parsley, lemon juice, and hot sauce. Season with salt and pepper, if desired. Serve immediately, or refrigerate up to 2 days.

PER 2-TBS. SERVING: 33 CAL; <1 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 4 G CARB; 0 MG CHOL; 196 MG SOD; 2 G FIBER; 1 G SUGARS  

GOT CHIPS?

From mild apple and alder to heady hickory and mesquite, the right type of wood chips goes a long way toward imparting the flavor that best complements veggies. Stock up on a variety of wood chips, then follow these pairing recommendations from Chris Malone, vice president of Camerons Products in Colorado Springs, Colo.

FOOD	WOOD-CHIP FLAVOR
Asparagus	apple, cherry, or maple
Beets	alder or apple
Broccoli	apple or cherry for mild flavor; hickory for deep smoky taste
Cheeses	oak
Cherry tomatoes	apple, cherry, or pecan
Corn	oak
Fresh chiles	hickory or mesquite
Olives	hickory
Potatoes	hickory
Tofu	alder or apple

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technique

Take it outside: All these recipes can be adapted to an outdoor smoker; simply follow manufacturers' instructions.

Mesquite-Smoked Almonds

MAKES 2 CUPS

Smoked almonds tend to be a guilty pleasure because of the sugar, sodium, and MSG that go into flavoring them. Lighten the guilt and heighten the pleasure by making your own. If the nuts are not lightly toasted at the end of the smoking time, bake 4 to 5 minutes in a 350°F oven, or until crisp.

- 1½ Tbs. fine mesquite wood chips
- 1 tsp. kosher salt
- 1 tsp. sugar
- ½ tsp. ground chipotle chile powder
- 2 cups whole unblanched almonds

1. Prepare stove-top smoker with wood chips. Poke about 50 holes throughout bottom of 12- x 8-inch disposable aluminum pan with fork or metal skewer.
2. Combine salt, sugar, chipotle powder, and 2 Tbs. water in skillet, and bring to a simmer, swirling pan to dissolve salt and sugar. Stir in almonds, and reduce heat to low. Cook and stir 1 minute, or until bottom of skillet is dry and almonds start to lose some of their gloss. Transfer to prepared aluminum pan.
3. Set pan of almonds on smoker rack, and smoke 10 to 25 minutes, checking to make sure they don't burn. Remove from heat, and cool. Store in airtight container up to 5 days.

PER ¼-CUP SERVING: 208 CAL; 7 G PROT; 18 G TOTAL FAT (1 G SAT FAT); 8 G CARB; 0 MG CHOL; 242 MG SOD; 4 G FIBER; 2 G SUGARS  

Smoked Tomato and Black Bean Quesadillas

MAKES 2 QUESADILLAS

Smoky tomatoes, melty cheese, and black beans sandwiched between two crispy grilled tortillas—what's not to like? Try the smoked tomatoes in salsa, tomato sauce, and omelet fillings too.

- 2 Tbs. hickory or mesquite wood chips
- 6 plum tomatoes (1½ lb.)
- 4 6-inch whole-wheat tortillas
- ½ cup grated low-fat Monterey Jack, pepper Jack, or Cheddar cheese
- ½ cup cooked black beans
- 3 Tbs. coarsely chopped cilantro

1. Prepare stove-top smoker with wood chips.
2. Core tomatoes, then halve lengthwise. Squeeze out seeds and juice, and discard. Arrange tomato halves cut-side up on smoker rack, and season with salt and pepper, if desired. Smoke tomatoes 15 minutes, or until tender. Remove smoker from heat, leave covered, and cool tomatoes to room temperature in smoker.
3. Transfer cooled tomatoes to cutting board, and scrape peels from tomatoes with knife. Cut tomatoes into ½-inch dice.
4. Lay 2 tortillas on work surface, and sprinkle ¼ cup cheese over each. Layer with diced tomatoes, beans, and cilantro. Top each quesadilla with remaining tortillas, and press firmly to seal. (From this point, quesadillas can be prepared up to one day in advance: Separate each with paper-towel square, and wrap in plastic wrap. Store in refrigerator.)
5. Grill or cook quesadillas in skillet over medium heat 3 minutes per side, or until beginning to brown. Let stand 1 minute before cutting into wedges.

PER SERVING (½ QUESADILLA): 185 CAL; 11 G PROT; 5 G TOTAL FAT (3 G SAT FAT); 31 G CARB; 12 MG CHOL; 330 MG SOD; 6 G FIBER; 4 G SUGARS 

Los Angeles-based recipe developer and stove-top smoker expert Chris Styler got so hooked on the Mesquite Smoked Almonds that for a while, he was making them every Friday to nosh on over the weekend.



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ice cream social

For a taste of good old-fashioned fun, host a homemade ice cream party



Smooth & Creamy Vanilla Ice Cream
in Strawberry Meringue Nests

Here's a cool way to chill out on a hot summer day: treat friends to an afternoon of sweet, creamy indulgence; stock up on an assortment of cones, float-friendly sodas, and fresh berries; then whip up some fabulous frozen delights, from the creamiest homemade vanilla ice cream to a deep, dark chocolate–caramel sorbet. You can even turn your social into a potluck by inviting guests to bring their favorite toppings to share.

THE MENU:

- SMOOTH & CREAMY VANILLA ICE CREAM
- STRAWBERRY MERINGUE NESTS
- DARK CHOCOLATE CARAMEL SORBET
- HOMEMADE CARAMEL SAUCE
- MALTED BANANA ICE CREAM

Smooth & Creamy Vanilla Ice Cream

MAKES 1 QUART

This vanilla bean–flecked ice cream is delicious on its own, and makes the perfect base for fresh fruit add-ins. Simply stir $1\frac{1}{4}$ cups puréed summer fruit (berries, peaches, etc.) into the mixture

along with the yogurt, or fold in sliced peaches, strawberries, apricots, or nectarines once you've made the ice cream. Sweetened condensed milk and Greek yogurt keep the mixture creamy without using eggs or heavy cream.

- $1\frac{1}{2}$ cups 1% milk
- 1 14-oz. can sweetened condensed milk
- 3 Tbs. sugar
- $\frac{1}{2}$ vanilla bean
- $1\frac{1}{2}$ cups low-fat Greek yogurt

1. Combine milk, condensed milk, and sugar in medium saucepan. Split vanilla

PHOTOGRAPHY James Carrière FOOD STYLING Robyn Valarik PROP STYLING Emma Star Jensen



with very low to no humidity to bake these nests, or the meringues will become sticky and somewhat soft. Fill with ice cream, sorbet, or fresh summer fruit.

- 1 1.2-oz. pkg. freeze-dried strawberries
- 4 egg whites, at room temperature
- $\frac{1}{4}$ tsp. cream of tartar
- 1 cup sugar
- 1 Tbs. cornstarch
- 1 tsp. white vinegar
- $\frac{1}{2}$ tsp. vanilla extract
- $\frac{1}{2}$ tsp. salt

- 1.** Preheat oven to 250°F. Grind strawberries in coffee grinder or mini food processor until powdered. Set aside.
- 2.** Beat egg whites and cream of tartar with electric mixer on medium speed until foamy and bubbles become very small. Whisk together sugar and cornstarch, and slowly add to egg whites with mixer still running. Add vinegar,

vanilla, and salt, and increase speed to high. Beat 3 to 5 minutes, or until stiff, glossy peaks form. Fold in 4 Tbs. ground strawberries.

- 3.** Dab 2 small dots of meringue mixture onto bottom corners of each of 2 baking sheets (this will help parchment paper stay put while forming nests). Lay 1 sheet parchment into each sheet pan, and press parchment to adhere to meringue dots. Use large ice cream scoop or 2 serving spoons to dollop $\frac{1}{3}$ -cup mounds of meringue (6 per baking sheet), leaving 2 inches between each mound. Use back of spoon to gently form indentation in middle of each mound.

- 4.** Bake 1 sheet at a time 50 to 60 minutes, or until meringues are crisp. Cool completely before serving. Store in airtight container up to 3 days.

PER MERINGUE NEST: 84 CAL; 1 G PROT; <1 G TOTAL FAT (0 G SAT FAT); 20 G CARB; 0 MG CHOL; 67 MG SOD; <1 G FIBER; 19 G SUGARS 

bean, scrape seeds into mixture, and add bean pod. Bring mixture just to a simmer, stirring to dissolve sugar. Remove from heat, and cool 30 minutes. Whisk in yogurt, transfer to covered container, and refrigerate overnight.

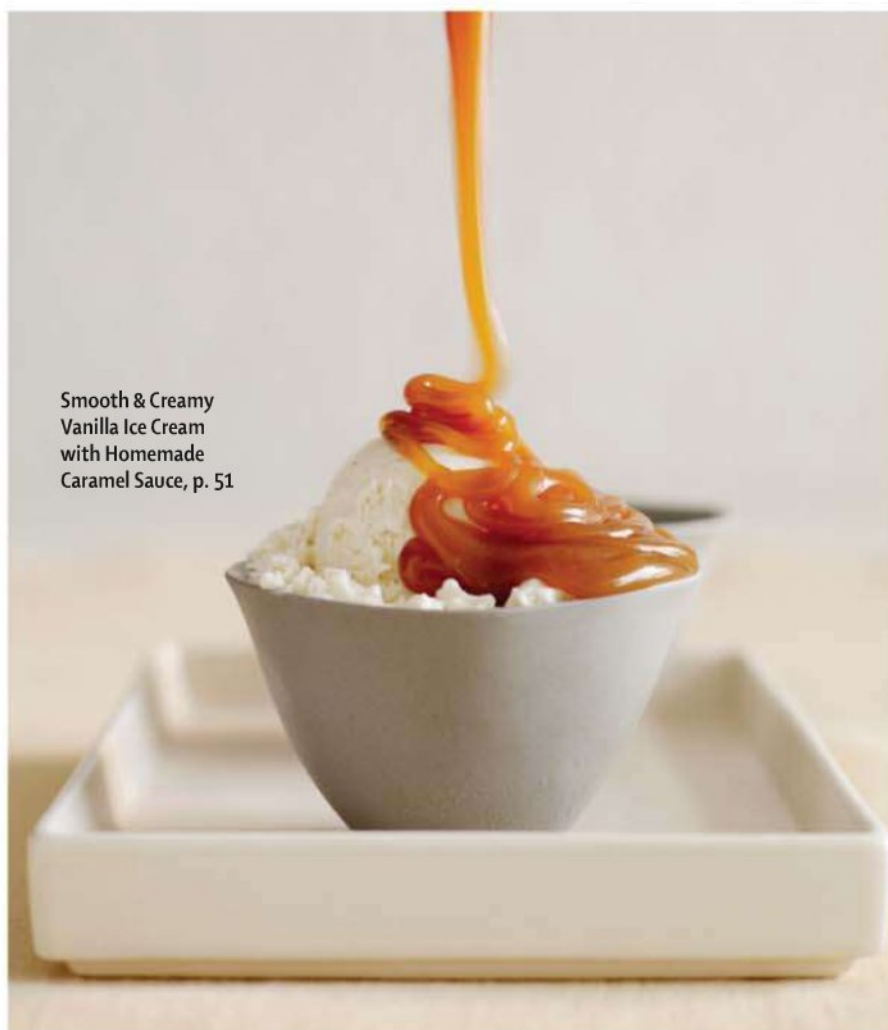
- 2.** Remove bean pod. Pour ice cream base into ice cream maker, and freeze according to manufacturer's instructions.

PER $\frac{1}{2}$ -CUP SERVING: 206 CAL; 7 G PROT; 5 G TOTAL FAT (3 G SAT FAT); 35 G CARB; 20 MG CHOL; 88 MG SOD; 0 G FIBER; 35 G SUGARS 

Strawberry Meringue Nests

MAKES 12 NESTS

Resembling pale pink clouds, these meringues have a crisp shell and a chewy, berry-flavored interior. Try to pick a day



Smooth & Creamy
Vanilla Ice Cream
with Homemade
Caramel Sauce, p. 51



Malted Banana Ice Cream and
Dark Chocolate-Caramel Sorbet

What to drink

Ice water is the perfect thirst quencher when eating something sweet. Fruit-flavored sodas and root beer offer guests the opportunity to improvise ice cream floats. And there's always chilled sparkling wine to cleanse your palate between frozen treats.

Dark Chocolate–Caramel Sorbet

MAKES 1 QUART

The caramelized sugar syrup that is the base for this decadent chocolate sorbet adds to its depth and richness. There are very few ingredients for the recipe, so the quality of the chocolate and cocoa really count.

- 1 cup plus 2 Tbs. sugar
- 2 Tbs. lemon juice
- $\frac{1}{2}$ cup unsweetened cocoa powder
- $\frac{1}{2}$ tsp. salt
- 7 oz. dark chocolate, finely chopped

1. Place sugar in large saucepan, and heat over medium-low heat. Cook 15 to 20 minutes, or until sugar has melted and caramelized to rich amber color, stirring occasionally.
2. Stir in lemon juice (mixture will boil violently for several minutes). Slowly add $2\frac{1}{2}$ cups boiling water, and stir until hardened caramel is dissolved. Stir in cocoa powder and salt, and bring mixture to just under a simmer. Remove from heat, and stir in chocolate. Let stand 1 minute, then blend smooth with immersion blender. Transfer to covered container, and refrigerate overnight.
3. Pour sorbet base into ice cream maker, and freeze according to manufacturer's instructions.

PER $\frac{1}{2}$ -CUP SERVING: 247 CAL; 3 G PROT; 8 G TOTAL FAT (5 G SAT FAT); 48 G CARB; 0 MG CHOL; 156 MG SOD; 2 G FIBER; 43 G SUGARS  

Homemade Caramel Sauce

MAKES 2 CUPS

Sure, you can buy caramel sauce at any supermarket, but the flavor and consistency can't compare to this homemade version. *Recipe by Melynda Saldenais.*

- 1 cup sugar
- 1 cup heavy cream
- 2 tsp. vanilla extract

Combine sugar and $\frac{1}{3}$ cup water in medium saucepan, and bring to a boil over medium heat. Do not stir. Cook 7 to 10 minutes, or until mixture turns rich amber color. Remove from heat;



carefully stir in heavy cream. This mixture will harden with addition of cold cream. Place pan over low heat, and cook until smooth and creamy. Stir in vanilla and add pinch of salt, if desired.

PER 2-TBS. SERVING: 102 CAL; <1 G PROT; 6 G TOTAL FAT (4 G SAT FAT); 13 G CARB; 21 MG CHOL; 6 MG SOD; 0 G FIBER; 13 G SUGARS 

Malted Banana Ice Cream

MAKES 1 QUART

The star ingredient of the old-fashioned malted milk shake, malted milk powder is made from barley malt, wheat, and milk. Here it comes together with ripe bananas for a delightful treat. The riper the bananas, the deeper the banana flavor. Roasting the bananas in their own skin further intensifies their flavor.

- 4 large, ripe unpeeled bananas
- 1 cup low-fat buttermilk or low-fat kefir
- 1 cup half-and-half
- $\frac{1}{3}$ cup malted milk powder
- $\frac{1}{3}$ cup sugar

- 3 Tbs. maple syrup
- $\frac{1}{2}$ tsp. vanilla extract
- $\frac{1}{2}$ tsp. salt

1. Preheat oven to 375°F. Place unpeeled bananas in large baking dish, and bake 25 to 30 minutes, or until blackened and soft. Set aside 20 minutes, or until cool enough to handle.
2. Remove and discard banana peels. Place bananas and any liquid from baking dish in blender along with remaining ingredients. Blend until smooth. Transfer to covered container, and refrigerate overnight.
3. Pour chilled ice cream base into ice cream maker, and freeze according to manufacturer's instructions.

PER $\frac{1}{2}$ -CUP SERVING: 221 CAL; 5 G PROT; 5 G TOTAL FAT (3 G SAT FAT); 40 G CARB; 16 MG CHOL; 248 MG SOD; 2 G FIBER; 29 G SUGARS 

VT recipe tester Fiona Kennedy put her newly remodeled kitchen to the test to come up with these ice cream recipes.

corn

Fresh, locally grown corn is still the gold standard for satisfying summer recipes

NUTRITIONAL PROFILE

1 MEDIUM EAR OF
SWEET CORN CONTAINS:

- 99 CALORIES
- 3 G FIBER
- 5 G SUGAR
- 1 MCG VITAMIN B1
(THIAMIN)
- 6 MCG VITAMIN C
- 24 MCG FOLATE

Among food activists, corn seems to have become a four-letter word because of its link to genetically modified organisms (GMOs), monocropping, and high-fructose corn syrup.

"That's why it's so important to take a step back and divide corn into two distinct categories: sweet corn and field corn," says Tom Philpott, food editor of the online magazine *Grist* and



Grilled Sweet Corn with
Chipotle-Lime Butter

cofounder of Maverick Farms in Valle Crucis, N.C. "Field corn gets fed to animals and becomes high-fructose corn syrup or ethanol, and 85 percent of field corn in this country is GMO. Sweet corn, the delicious stuff you find at farmers' markets, is a whole different beast. None of these varieties is GMO, to my knowledge, nor has there been shown to be any cross-pollination issues between GMO field corn and sweet corn in the U.S. thus far," he says.

Then there's the issue of corn hybrids, varieties that have been cross-pollinated to make them tastier, more disease-resistant, and better adapted to local growing conditions. "Most sweet corn you're buying at farmers' markets is hybrid," Philpott says, adding that open-pollinated and heirloom corn varieties are worth seeking out for old-fashioned "true corn" flavor.

Whether you choose ears of hybrid Silver Queen or heirloom Country Gentleman (to name just two varieties), they'll still taste as sweet in these deliciously simple recipes.



Corn-Quinoa Salad, p. 54

Grilled Sweet Corn with Chipotle-Lime Butter

SERVES 8

This recipe calls for roasting and grinding dried chiles, but if you want to skip the first two steps, substitute chipotle chile powder. The Chipotle-Lime Butter will keep up to a week in the fridge and can be used on bread or baked sweet potatoes.

- 4 dried chipotle chiles or
1½ Tbs. chipotle chile powder
- ¼ cup grated lime zest
- ½ tsp. salt
- ½ lb. salted butter (2 sticks), softened
- 8 ears corn

1. Preheat oven to 350°F. Roast dried chipotles on baking sheet 5 to 7 minutes,

or until puffy and crisp. Cool.

2. Remove tops of chiles and discard seeds. Grind chipotles down to fine powder using mortar and pestle or coffee grinder.

3. Combine chipotle chile powder with lime zest, salt, and butter in medium bowl; mix well with electric mixer. Transfer to 1-cup serving bowl, smoothing surface with spatula or knife. Chill.

4. Heat grill to medium heat. Remove all but 1 layer of husk from each corn ear. Trim silk from ends.

5. Grill corn 10 to 12 minutes, turning occasionally. Peel off remaining husk and silk. Serve with Chipotle-Lime Butter.

PER SERVING (1 EAR CORN WITH 2 TSP. BUTTER): 157 CAL.; 4 G PROT; 9 G TOTAL FAT (5 G SAT FAT); 20 G CARB; 20 MG CHOL; 119 MG SOD; 2 G FIBER; 7 G SUGARS 

Corn-Quinoa Salad

SERVES 8

If your corn is very fresh and tender, you can skip the blanching step in this recipe; just stir the raw kernels into the salad.

SALAD

- 1 cup quinoa, rinsed and drained
- $\frac{1}{2}$ tsp. salt
- $1\frac{1}{2}$ cups fresh or frozen corn kernels (from 2 ears)
- $1\frac{1}{2}$ cups halved cherry or grape tomatoes
- 1 cup finely chopped red cabbage
- 1 cup diced cucumber

DRESSING

- $\frac{1}{2}$ cup olive oil
- $\frac{1}{4}$ cup fresh lemon juice
- 3 Tbs. maple syrup
- 1 Tbs. Dijon mustard
- 1 tsp. salt

1. To make Salad: Bring quinoa, salt, and $1\frac{1}{2}$ cups water to a boil in saucepan. Reduce heat to medium-low, cover, and simmer 20 minutes, or until water is absorbed. Set aside, covered, 10 minutes.
2. Bring 2 cups water to a boil in separate saucepan. Add corn, and cook 1 minute. Drain, and rinse under cold water. Drain again. Stir together corn, tomatoes, cabbage, cucumber, and quinoa in bowl.

3. To make Dressing: Mix all ingredients in blender until smooth. Stir into Salad.

PER 1-CUP SERVING: 255 CAL; 4 G PROT; 15 G TOTAL FAT (2 G SAT FAT); 27 G CARB; 0 MG CHOL; 492 MG SOD; 3 G FIBER; 8 G SUGARS  

Sweet Corn Ice Cream

SERVES 8

In Thailand, ice cream makers play up the sweet side of corn to make this street-food favorite.

- 4 cups corn kernels (20 oz.)
- 1 cup cashews (5 oz.)
- $\frac{1}{2}$ cup agave syrup
- 1 Tbs. grated lime zest
- 1 Tbs. lime juice
- $1\frac{1}{2}$ tsp. vanilla extract
- 1 tsp. salt

WHEN BUYING FRESH CORN, LOOK FOR THE FOLLOWING:

-  Husks that are tightly bound and light green with plentiful, fresh-looking silks at the top.
-  Plump kernels in tightly packed rows.
-  Corn that has not been left in the sun (heat hastens the conversion of sugars to starch).

1. Purée 2 cups corn, $\frac{1}{2}$ cup cashews, and 1 cup water in food processor until smooth. Transfer to bowl. Repeat with remaining corn, cashews, and additional 1 cup water. Strain corn purée through-meshed sieve into bowl. Discard solids.

2. Whisk together agave syrup, lime zest, lime juice, vanilla extract, and salt; whisk mixture into strained corn purée.

3. Process mixture in ice cream maker according to manufacturers' instructions.

PER $\frac{1}{2}$ -CUP SERVING: 215 CAL; 5 G PROT; 8 G TOTAL FAT (2 G SAT FAT); 34 G CARB; 0 MG CHOL; 304 MG SOD; 2 G FIBER; 21 G SUGARS  

No-Cream Creamed Corn

SERVES 8 | 30 MINUTES OR FEWER

Cream-style or creamed corn doesn't usually contain dairy, even in canned versions. Instead, the milky juice from fresh kernels is scraped from the cobs to thicken into a creamy sauce. This version enhances the "creamed" cooking process by using puréed corn as a base.

- 8 cups fresh (from 8 large ears) or frozen, thawed corn kernels, divided
- 3 Tbs. olive oil
- 2 medium leeks, white parts thinly sliced (2 cups)
- 1 tsp. salt
- $\frac{1}{4}$ cup fresh dill fronds, chopped

1. Purée 3 cups corn kernels with 2 cups water until smooth. Strain mixture through sieve. Discard solids.

2. Heat oil in large skillet over medium heat, add leeks and salt, and sauté 1 minute. Add remaining 5 cups corn, and sauté 2 minutes more.

3. Add corn purée to corn-leek mixture, and bring to a boil. Reduce heat to low, and simmer 15 minutes, stirring often.

Mixture should be thick and creamy. Remove from heat, and stir in dill. Season with salt and pepper, if desired.

PER $\frac{3}{4}$ -CUP SERVING: 183 CAL; 5 G PROT; 7 G TOTAL FAT (1 G SAT FAT); 30 G CARB; 0 MG CHOL; 317 MG SOD; 3 G FIBER; 10 G SUGARS  

Southwestern Corn Pudding

SERVES 8

Corn pudding is an old-fashioned side dish that can replace rice or potatoes in a summer meal.

- 1 cup breadcrumbs
- 4 cups fresh or frozen, thawed corn kernels (from 4 ears), divided
- 4 large eggs
- 1 cup low-fat sour cream
- $\frac{1}{4}$ cup chopped cilantro
- 1 small jalapeño chile, minced (2 Tbs.)
- 1 tsp. salt

1. Preheat oven to 350°F. Coat 8 $\frac{1}{2}$ -cup ramekins or custard cups or 8-inch square baking dish with cooking spray, and dust with breadcrumbs.

2. Pulse 3 cups corn kernels in food processor until pulpy and broken down. Transfer to bowl, and stir in remaining 1 cup whole corn kernels.

3. Whisk together eggs, sour cream, cilantro, jalapeño, and salt in separate bowl. Stir corn into egg mixture. Transfer mixture to prepared ramekins, and bake 30 to 40 minutes, or until top is golden.

PER $\frac{3}{4}$ -CUP SERVING: 188 CAL; 8 G PROT; 6 G TOTAL FAT (2 G SAT FAT); 27 G CARB; 111 MG CHOL; 456 MG SOD; 2 G FIBER; 8 G SUGARS 

Elliott Prag is a culinary instructor at New York's Natural Gourmet Institute and a bona fide corn-fed guy from the Midwest.

A Southern side dish favorite gets a spicy kick from minced jalapeño and cilantro.



Southwestern Corn Pudding

BY Maggie Patinelli

INVITE FRIENDS OVER FOR A MEDITERRANEAN-INSPIRED FEAST



HAIR & MAKEUP: TINE IBSEN. SPECIAL THANKS TO GARDEN DESIGNER BRADLEY TUCK

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Fire up the grill and get ready to enjoy some of the best homemade veggie burgers you've ever tasted. Flavorful, juicy, and packed with good-for-you ingredients, such as quinoa, cabbage (yes, cabbage), and broccoli, these babies hold up over an open fire like no others. Throw in some seasonal sides, and a decadent Chocolate S'mores Pie, and you've got the perfect menu for casual entertaining.

PHOTOGRAPHY Mario de Lopez FOOD STYLING Liesl Maggiore PROP STYLING Robin Turk

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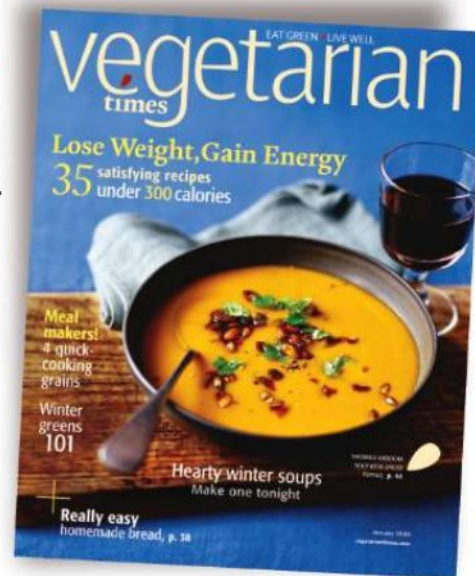
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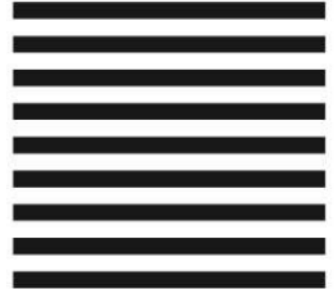
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Height-of-Summer
Tomato Salad

Height-of-Summer Tomato Salad

SERVES 6

We've taken the classic tomato-basil combination and turned it into an easy-to-eat salad (no knives necessary) that showcases the incredible flavor of sun-ripened summer tomatoes. Make the dressing ahead, and let sit overnight in the fridge to maximize flavor.

DRESSING

- ¾ cup fresh basil leaves,
plus more for garnish
- 3 cloves garlic, minced (1 Tbs.)
- 2½ Tbs. olive oil

SALAD

- 12 oz. heirloom or other peak-season tomatoes, cut into different shapes
- 1 medium cucumber, peeled, halved, and sliced
- ¼ small red onion, thinly sliced
- 1½ oz. ricotta salata, crumbled

1. To make Dressing: Purée basil and garlic with ½ tsp. olive oil in food processor. Stir in remaining olive oil.
2. To make Salad: Toss together tomatoes, cucumber, red onion, and ricotta salata in large bowl. Pour Dressing over mixture, and stir to combine. Season with salt and pepper, if desired. Garnish with basil leaves.

PER ¾-CUP SERVING: 94 CAL; 2 G PROT; 8 G TOTAL FAT (2 G SAT FAT); 4 G CARB; 8 MG CHOL; 94 MG SOD; <1 G FIBER; 2 G SUGARS  

Fennel-Spiced Potato Wedges

SERVES 6 | 30 MINUTES OR FEWER

These potato wedges can be parboiled up to a day ahead so that they're ready to go on the grill whenever you're ready to cook them. Try them with chili powder, herbes de Provence, or Italian seasoning in place of the fennel.

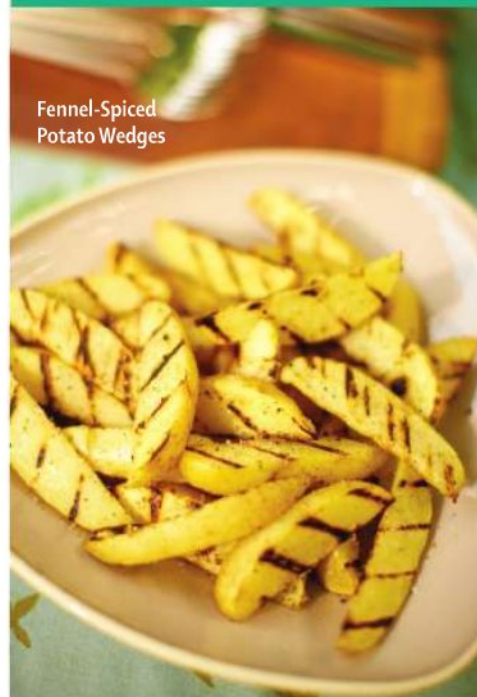
- 3 large Yukon gold potatoes, each cut into 8 thick wedges (1½ lb.)
- 1½ tsp. fennel seeds
- 1½ tsp. onion powder
- ¾ tsp. salt
- 1 Tbs. olive oil
- Freshly cracked black pepper
- Canola oil for greasing grill grate

1. Bring large pot of salted water to a boil. Add potato wedges, and cook 5 to 6 minutes. Drain, and pat dry.
2. Meanwhile, toast fennel seeds in small dry skillet 3 to 4 minutes, or until fragrant, shaking skillet often. Crush seeds with mortar and pestle or in spice or coffee grinder until ground to fine powder; combine with onion powder and salt in small bowl. Set aside.
3. Toss potatoes with olive oil. Spread on plate, and sprinkle all over with fennel seed mixture. Season with pepper.
4. Heat grill to high. Rub grill grates with canola oil. Place potatoes on grill, close lid, and cook 4 to 5 minutes, or until seared and easy to turn. Flip potatoes, close grill, and cook 4 to 5 minutes more, or until potatoes are crisp. Season with salt and pepper, if desired.

PER SERVING (4 POTATO WEDGES): 117 CAL; 3 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 21 G CARB; 0 MG CHOL; 395 MG SOD; 2 G FIBER; <1 G SUGARS  

WHO NEEDS FRENCH FRIES WHEN YOU'VE GOT CRISPY GRILLED POTATOES?

Fennel-Spiced Potato Wedges





Vegetable Kebabs Agrodolce

MAKES 6 KEBABS

The nice thing about these grilled veggies is that they taste good hot or cold. Soaking the radicchio in cold water before grilling keeps it from getting too bitter.

- 1 head radicchio (9 oz.), quartered
- 1 Japanese eggplant (5 oz.), halved lengthwise and cut into 1-inch slices
- 2 summer squash or zucchini (9 oz.), cut into 1-inch-thick slices
- $\frac{1}{4}$ cup golden raisins
- $\frac{1}{4}$ cup pine nuts
- 1 avocado, peeled, pitted, and cut into 12 1-inch cubes.
- 5 Tbs. olive oil
- 6 cloves garlic, minced (2 Tbs.)
- 2 Tbs. chopped fresh marjoram or oregano
- 1 tsp. balsamic vinegar
- Canola oil for greasing grill grate

1. Soak radicchio quarters in bowl of cold water 1 hour, placing plate on top to keep radicchio submerged. Drain, squeeze dry with clean towels, and cut each quarter into 3 1-inch sections, discarding stem portion.

2. Set steamer basket in large saucepan filled with 1 inch of water, and bring to a simmer. Place eggplant in basket, cover, and steam 1 minute. Add squash, cover, and cook 5 minutes more. Cool.

3. Soak raisins in small bowl of warm water 5 to 10 minutes. Drain, chop, and set aside.

4. Toast pine nuts in dry skillet 3 to 5 minutes, or until beginning to brown. Chop 3 Tbs. pine nuts, and leave 1 Tbs. whole. Combine pine nuts with chopped raisins.

5. Thread 1 radicchio section, 1 avocado cube, 1 squash slice, and 1 eggplant slice onto each skewer. Repeat threading so each skewer has 2 of each vegetable.

6. Heat oil in small skillet over medium heat. Add garlic, marjoram, and pinch of salt; cook 2 minutes, swirling skillet occasionally. Add balsamic vinegar, then remove from heat. Brush kebabs with oil



mixture. Return pan to medium heat, add raisins and pine nuts, and cook 30 seconds to 1 minute. Set aside.

7. Heat grill to high. Grease grill grate with oil. Set kebabs on grill, adjusting eggplant and squash pieces so they touch grill as much as possible. Cook 2 to 4 minutes with lid open. Flip kebabs, and cook 2 to 4 minutes more, or until grill marks appear. Transfer to serving platter, and spoon raisin and pine nut mixture over kebabs.

PER KEBAB: 226 CAL; 3 G PROT; 19 G TOTAL FAT (2 G SAT FAT); 15 G CARB; 0 MG CHOL; 37 MG SOD; 4 G FIBER; 7 G SUGARS  





Mediterranean Veggie Burgers

Mediterranean Veggie Burgers

MAKES 6 BURGERS

Eureka! We've found the secret "glue" that holds homemade veggie burgers together on an outdoor grill: purée the ingredients with overcooked pasta. A couple of other tips for success: be sure to pat the beans dry before you add them to the patty mixture, and use a stainless steel grill topper (we like the one shown on p. 24) for a more stable grilling surface. Serve these mouthwatering miracles with your favorite burger buns and toppings.

- 4 oz. rigatoni
- $\frac{1}{2}$ cup red quinoa
- 7 oz. low-sodium vegetable broth
- $1\frac{1}{2}$ tsp. olive oil
- $\frac{3}{4}$ cup chopped onion
- 9 cloves garlic, finely chopped
- $1\frac{1}{2}$ cups cooked white beans, or 1 15-oz. can white beans, rinsed, drained, and thoroughly patted dry
- $\frac{1}{2}$ cup steamed broccoli
- $\frac{1}{4}$ cup plus 2 Tbs. finely shredded green cabbage
- 3 Tbs. finely chopped red bell pepper
- 2 Tbs. tomato sauce
- 6 kalamata olives, sliced
- 2 oil-packed sun-dried tomatoes, drained and finely chopped
- 2 Tbs. canola oil for oiling patties and grill topper

- 1.** Cook rigatoni in large pot of boiling salted water 19 minutes, or until very soft. Drain, measure out $1\frac{1}{2}$ cups very tightly packed rigatoni, and set aside.
- 2.** Bring quinoa and broth to a boil in saucepan. Cover, reduce heat to low, and cook 13 minutes, or until slightly undercooked; some of the white germ will have opened, but much of the quinoa will still have a slight bite. Drain, and set aside.
- 3.** Heat oil in small saucepan over medium heat. Add onion, and cook 1 minute. Add garlic, and cook 1 minute more. Set aside.
- 4.** Process rigatoni and white beans in food processor 1 minute, or until smooth and paste-like (it's OK if there are a few



small bits of pasta still intact). Transfer mixture to large bowl. Stir in $\frac{3}{4}$ cup quinoa, broccoli, cabbage, bell pepper, tomato sauce, olives, and sun-dried tomatoes. Season with salt and pepper, if desired. Mash to combine. Form 6 $\frac{1}{2}$ -cup-sized patties. Brush tops of each patty with canola oil.

5. Heat grill to high heat. Brush grill topper with canola oil. Place each patty oiled-side down on grill topper. Set grill topper on grill, close grill cover, and cook 6 to 7 minutes. Brush each patty again with oil, and carefully flip. Close grill, and grill 3 to 4 minutes more.

PER BURGER: 276 CAL; 10 G PROT; 9 G TOTAL FAT (<1 G SAT FAT); 41 G CARB; 0 MG CHOL; 257 MG SOD; 6 G FIBER; 3 G SUGARS **V**

PATIO PLAYLIST PICK

Try Putumayo's new *Rhythm & Blues*, a party-friendly mix of modern artists celebrating old-school R&B. The label donates a portion of sales to charitable organizations. \$14.98; putumayo.com



Chocolate S'mores Pie

Chocolate S'mores Pie

SERVES 12

Campfire lovers rejoice: marshmallows may not be veg (they contain gelatin), but marshmallow crème is. A little of this decadent dessert goes a long way, so serve it in thin slivers.

- 1 7-oz. bar 60% cacao bittersweet chocolate baking bar, chopped
- 1 cup soy creamer
- 1 large egg, room temperature
- $\frac{1}{2}$ tsp. vanilla extract
- 1 9-inch prepared graham cracker crust
- $1\frac{1}{2}$ cups marshmallow crème

1. Preheat oven to 350°F. Place chopped chocolate in heat-proof bowl. Bring soy creamer to a simmer in medium saucepan. Pour soy creamer over

chocolate, and let stand 30 seconds, then whisk until combined. Whisk in egg, vanilla, and pinch of salt.

2. Pour chocolate mixture into crust. Cover crust edges with foil or pie shield. Place on baking sheet, and bake 25 minutes, or until softly set around edges but still loose in center when shaken. Cool 1 hour on wire rack.

3. Preheat broiler. Spread marshmallow crème on pie, and broil 30 seconds to 1 minute, or until top is golden-brown.

PER SLICE: 226 CAL; 2 G PROT; 12 G TOTAL FAT (5 G SAT FAT); 29 G CARB; 19 MG CHOL; 87 MG SOD; 2 G FIBER; 18 G SUGARS **V**

Los Angeles-based recipe developer Maggie Patinelli gained one more reason to love pasta when she found how well it held veggie burgers together.

By Mary Margaret Chappell



PHOTOGRAPHY Pornchai Mittongtare FOOD STYLING Liesl Maggiore PROP STYLING Robin Turk

64 July/August | 2010 | vegetariantimes.com

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Ricotta-Basil Stuffed Tomatoes, p. 68

frozen assets

GET SUN-KISSED summer flavor
all year long when you preserve
the season's bounty in your freezer

Believe it or not, one of the best tools for preserving peak-season fruits and vegetables is already in your kitchen: it's your freezer. So pile that farmers' market basket high or plan a trip to the roadside stand. From ripe, ready-to-use produce to frozen dishes you can thaw, heat, and serve, there's plenty to put in cold storage for a winter day.

THE DEEP FREEZE DONE RIGHT



Follow these steps for perfect results when freezing fresh produce.

WASH AND DRY WELL

Pat away excess moisture to prevent ice crystals from forming on fruits and vegetables.

SPREAD IN A SINGLE LAYER

On a baking sheet lined with parchment or wax paper, arrange fruits and vegetables in a single layer so that they are not touching. This cuts down on ice-crystal formation. Individually frozen fruits and vegetables are also easier to thaw and use.

BAG IT AND TAG IT

Label and date resealable plastic bags. Put frozen items in the bags, partially seal, and squeeze out any air to prevent freezer burn, then seal bags completely. (You can also do this with a vacuum sealer.) Lay flat in the freezer to maximize space.

LEEEKS

Freezing tips: Trim tough dark green leaves from leeks, and cut white and pale green parts into ½-inch-thick rounds. Wash rounds well in cold water to remove any grit. Drain, and pat dry. Line baking sheet with parchment or wax paper, and arrange leek rounds in single layer on prepared baking sheet. Freeze. When frozen, transfer to resealable plastic bags. Thaw, and use as you would fresh leeks.

Vichyssoise (or Creamy Potato-Leek Soup)

SERVES 8

Serve this classic French soup chilled in the summer, hot in the winter.

- 1 Tbs. butter or margarine
- 3 medium leeks, white parts sliced (3 cups)
- 1 medium fennel bulb, coarsely chopped
- 1 clove garlic, peeled
- ¼ cup white wine
- 3 large russet or Yukon gold potatoes, peeled and diced (3 cups)
- 1 sprig fresh thyme
- ½ cup low-fat sour cream, optional
- ¼ cup chopped fresh chives

1. Melt butter in large saucepan over medium heat. Add leeks, fennel, and garlic; cover, and reduce heat to medium-

low. Cook 20 minutes, or until leeks and fennel are very soft, stirring occasionally.

2. Increase heat to medium-high. When leeks begin to sizzle, add wine, and cook 1 to 2 minutes. Stir in potatoes, thyme, and 5 cups water. Reduce heat to medium-low, cover, and simmer 45 minutes, or until potatoes are very soft. Remove thyme sprig, and purée with immersion blender or food processor until smooth. Stir in sour cream, if using, and cool. Season with salt and pepper, if desired, and garnish with chives.

To freeze and enjoy later: Measure cooled soup into two 1-qt. resealable containers; freeze. To eat later: thaw, and serve at room temperature, or heat gently in medium saucepan until hot.

PER 1-CUP SERVING: 94 CAL; 2 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 19 G CARB; 4 MG CHOL; 36 MG SOD; 3 G FIBER; 2 G SUGARS 

This classic French
soup is great **chilled**
in the summer or
hot in the winter.



Vichyssoise (or Creamy
Potato-Leek Soup)

SQUASH

Freezing tips: Cut zucchini, yellow squash, or pattypan squash into ½-inch-thick slices. Bring large pot of salted water to a boil. Drop squash in boiling water, and blanch 3 minutes. Drain, and rinse under cold water to stop cooking. Cool, pat dry with paper towels, and spread on baking sheet lined with parchment or wax paper. Freeze, then transfer squash to ½-gallon resealable plastic bags. The blanching and freezing technique also works for corn and all types of fresh beans.

Thawing tips: Thaw in a colander set over a bowl to catch any liquid. Discard liquid before using.

Summer Cymplings

SERVES 8 | 30 MINUTES OR FEWER

Cympling is a colonial American name for pattypan squash. In the South, it's also the name for a squash dish made with pattypan or yellow crookneck squash and bacon drippings. Olive oil works just as well for a more healthful veg option.

- 4 lb. pattypan or yellow squash, cut into ½-inch-thick pieces (8 cups)
- ¼ cup olive oil
- 2 medium onions, halved and thinly sliced (3 cups)

1. Bring large pot of salted water to a boil. Add squash, and cook 3 minutes, or until just tender. Drain, and cool under cold running water.

2. Heat oil in large skillet over medium-high heat. Add onions and squash, and cook 5 to 7 minutes, or until onions are soft. Add ½ cup water, cover, and season with salt, if desired. Simmer 5 minutes. Uncover, and cook 5 to 10 minutes more, or until liquid has evaporated and squash are beginning to brown, stirring occasionally. Season generously with black pepper.

To freeze and enjoy later: Allow cymplings to cool completely, then measure into resealable plastic bags. Press out excess air, seal, and freeze flat. Thaw before reheating. For best reheating results: coat skillet with cooking spray, and sauté 3 to 4 minutes, or until heated through.

PER ¾-CUP SERVING: 100 CAL; 2 G PROT; 7 G TOTAL FAT (1 G SAT FAT); 9 G CARB; 0 MG CHOL; 2 MG SOD; 2 G FIBER; 5 G SUGARS  

TOMATOES

Freezing tips: Line baking sheet with parchment or wax paper. Place whole tomatoes on baking sheet, set in freezer, and freeze until solid. Transfer frozen tomatoes to resealable plastic bags.

Thawing tips: When ready to use, thaw in colander set over a large bowl to catch juices. Once thawed, peel tomatoes, if desired, and use both tomatoes and liquid the way you would whole or chopped canned tomatoes.

Ricotta-Basil Stuffed Tomatoes

SERVES 8

Summer favorites zucchini, corn, and basil get baked in tomato shells for a light-yet-satisfying entrée.

- 8 large beefsteak tomatoes
- 2 large eggs
- 1 cup low-fat ricotta cheese
- ¼ cup finely chopped red onion
- ¼ cup chopped fresh basil
- 2 Tbs. plus 4 tsp. grated Parmesan cheese, divided
- 1 clove garlic, minced (1 tsp.)
- 1 cup corn kernels
- 1 cup diced zucchini plus 24 very thin zucchini slices

1. Preheat oven to 350°F. Slice tops off tomatoes, and scoop pulp out of centers to make stuffable tomato shells; set aside. Discard half of tomato pulp; remove seeds from and finely chop remaining half of pulp.

2. Whisk together eggs and ricotta in medium bowl until smooth. Stir in red onion, basil, 2 Tbs. Parmesan, and garlic. Add corn, diced zucchini, and chopped tomato pulp; stir until combined.

3. Fill tomatoes just to top with ½ cup ricotta mixture. Sprinkle each tomato with ½ tsp. Parmesan, and top each with 3 zucchini slices and tomato top. Place in large baking dish.

4. Bake 45 minutes, or until filling is puffed up and tops are browned. Let stand 10 minutes before serving.

To freeze and enjoy later: Cool stuffed tomatoes completely, then place in foil-lined baking pan. Wrap tightly in foil, then in plastic wrap, and freeze. When ready to eat, thaw tomatoes completely. Preheat oven to 350°F. Bake, uncovered, 20 to 30 minutes, or until filling is hot.

PER STUFFED TOMATO: 130 CAL; 9 G PROT; 5 G TOTAL FAT (2 G SAT FAT); 18 G CARB; 65 MG CHOL; 151 MG SOD; 3 G FIBER; 10 G SUGARS 

A close-up photograph of a white ceramic bowl filled with sautéed yellow squash and onions. The squash is cut into thick, diagonal slices and has a golden-brown, slightly caramelized appearance. The onions are sliced into thin, crescent-shaped pieces and are translucent with some browning. The bowl is placed on a light blue ceramic plate. A silver fork is resting on the plate to the right of the bowl. In the background, another similar bowl is visible but out of focus. The overall lighting is bright and even, highlighting the textures of the food.

Blanching
summer squash
before preparing
it keeps it firm
but tender.

Summer Cymlings

For the best texture and flavor, use frozen fruits, veggies, herbs, and dishes within six months of freezing them.

FRESH HERBS

Freezing tips: Pulse 6 cups fresh herbs (cilantro, basil, sage, or tarragon) in food processor until finely chopped, adding $\frac{1}{4}$ cup water to make herbs easy to spoon out. Spoon 2 Tbs. into ice cube trays. Top with water, and freeze. Unmold, and store herb cubes in resealable plastic bags.

Thawing tips: Thaw, and stir into dips and dressings, or add frozen cubes directly to soups, sauces, or stews.

Cilantro Guacamole

MAKES 2 CUPS | 30 MINUTES OR FEWER

The next time you see perfectly ripe avocados on sale, stock up and make this freezer-ready recipe. Extra lime juice keeps the guacamole smooth, creamy, and delicious even after it's been frozen.

- $\frac{1}{2}$ small yellow onion, sliced
- $\frac{1}{4}$ cup lime or lemon juice
- 1 clove garlic, minced
- 2 avocados, halved and coarsely chopped
- $\frac{1}{4}$ cup chopped cilantro
- 1 Tbs. olive oil
- 3–4 drops hot sauce, or more to taste

Place onion, lime juice, and garlic in bowl of food processor; purée until mixture has consistency of paste. Add avocados, cilantro, and oil; process until smooth. Season with hot sauce, and add salt and pepper, if desired.

To freeze and enjoy later: Place guacamole in small, resealable plastic bags or containers, and freeze.

When ready to eat: thaw to room temperature before serving.

PER $\frac{1}{4}$ -CUP SERVING: 76 CAL; <1 G PROT; 7 G TOTAL FAT (<1 G SAT FAT); 4 G CARB; 0 MG CHOL; 4 MG SOD; 2 G FIBER; <1 G SUGARS  

STONE FRUIT, BERRIES, OR FIGS

Freezing tips: Line baking sheet with parchment or wax paper. Slice plums, apricots, nectarines, peaches, or figs in half. Remove all pits, and peel peaches (other stone fruits don't need peeling). Arrange prepped fruit cut-side up on prepared baking sheet, or arrange berries so that they are not touching one another on baking sheet. Freeze. Transfer to resealable plastic bags to store.

Thawing tips: Spread on baking sheet to thaw so that fruit retains its shape.

Plum, Apricot, or Fig Cobbler

SERVES 8

Unlike berries, which release a lot of liquid, plums, apricots, and figs thicken into a saucy compote when cooked, which means there's no need for extra thickeners in this cobbler filling.

- 2 lb. fresh or frozen, thawed, pitted, and halved plums or apricots, or trimmed, halved figs
- 6 oz. firm silken tofu ($\frac{1}{2}$ pkg.), such as Mori-Nu, drained
- 1 Tbs. cider vinegar
- 1 cup sugar
- $1\frac{1}{2}$ tsp. vanilla extract
- $\frac{1}{2}$ tsp. almond extract
- 1 cup all-purpose flour
- 2 Tbs. cornstarch
- $1\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{4}$ tsp. salt

1. Preheat oven to 350°F. Coat deep-dish glass or ceramic pie dish or 9-inch square glass or enamel baking dish with cooking

spray. Arrange fruit in double layer in prepared dish.

2. Blend tofu in blender or food processor 2 minutes, or until smooth, scraping down sides if necessary. Add vinegar and $\frac{1}{4}$ cup water, and blend until smooth. Add sugar, vanilla, and almond extract; purée 1 minute, or until sugar dissolves. Add flour, cornstarch, baking powder, baking soda, and salt, and blend 2 minutes, or until smooth, thick batter forms.

3. Spread batter over fruit in baking dish. Bake 30 to 40 minutes, or until top is golden-brown and toothpick inserted in center comes out clean. Let stand 15 minutes before serving.

To freeze and enjoy later: Wrap baked, cooled cobbler in foil, then plastic wrap before freezing. Thaw frozen cobbler, then remove plastic wrap and foil, and warm in 350°F oven 20 minutes, or until filling is hot and bubbly.

PER 1-CUP SERVING: 230 CAL; 4 G PROT; 1 G TOTAL FAT (<1 G SAT FAT); 52 G CARB; 0 MG CHOL; 242 MG SOD; 2 G FIBER; 36 G SUGARS  



Plum Cobbler

A warm fruit cobbler is
a welcome treat any time of year.

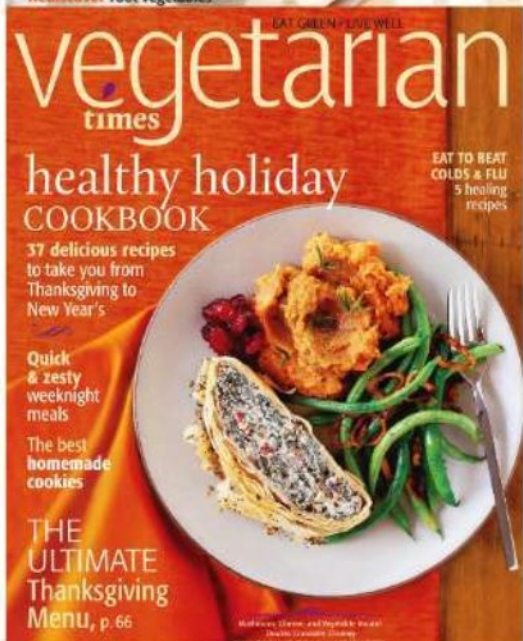
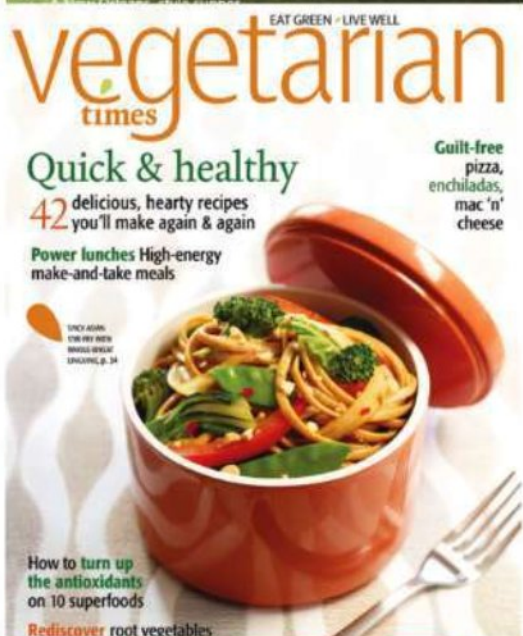
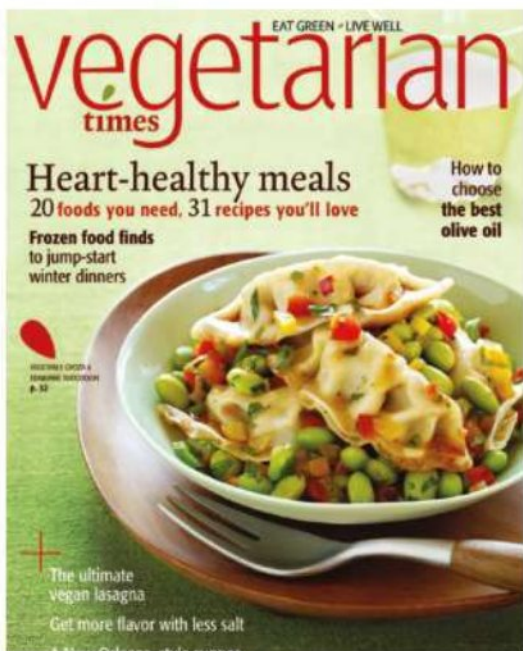
BY Aurelia d'Andrea

PASSPORT to flavor

A VEGETARIAN COOK'S GUIDE TO NAVIGATING ETHNIC MARKETS



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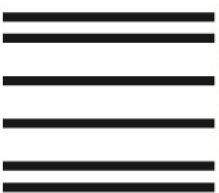
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If your summer vacation

is relegated to grocery aisles instead of tropical isles, don't fret; a visit to your local ethnic market brings all the flavors of a far-flung holiday to your home kitchen.

"A trip to an ethnic market is like a free trip to another country," says Dynise Balcavage, the globe-trotting blogger and author of the 2010 cookbook *The Urban Vegan*.

Balcavage, who's traveled from Argentina to Morocco and many places in between, relives her foreign food foraging experiences in the multicultural melting pot of Philadelphia, where African, Brazilian, and Chinese markets beckon.

"It's a dazzling assault on the senses—the smells, textures, the background music. You feel deliciously out of your element, which can't help but influence your cooking," says Balcavage. "What could be more fun than that?"

Ready for takeoff? No passport is necessary, but a sense of adventure is definitely required, so relax, breathe deep, and prepare to have your senses dazzled.

ASIAN MARKET ABC's

The Asian grocery store is a vegetarian's dream destination, and should be the first stop on your culinary exploration. Expect a transcontinental buffet of cans, jars, and fresh produce from Japan, Korea, China, Vietnam, Thailand, and Indonesia. Once you acquaint yourself with the staples—rice, noodles, soy sauce, sesame oil—the secret to re-creating those succulent coconut curries, delectable noodle dishes, and authentic vegetable stir-fries is in the details: the condiments. "Like every chef, I have a refrigerator full of them," says Eric Tucker, executive chef and co-owner of San Francisco's Millennium restaurant. Before hitting the checkout line, scour labels for fishy ingredients, including bonito, dashi, and nam pla, which can lurk in Asian condiments.

THE SHOPPING LIST

Chinese Fermented Black Beans

Not to be confused with the Chinese black bean sauce found in most supermarkets, these tiny black soybeans have a pungent, intensely salty taste that, when cooked with garlic and ginger in a hot wok, lends an unforgettable flavor to Chinese-influenced dishes. A little goes a long way, so start with a light hand. "I use them in vegetable stir-fries, mabo tofu, and mushroom dishes," says Tucker. "They really bring out the mushroominess of mushrooms. They've got that umami thing going on." Look for the no-frills Mee Chun Salted Black Bean packages in plastic bags on Asian grocery store shelves, and refrigerate after opening.

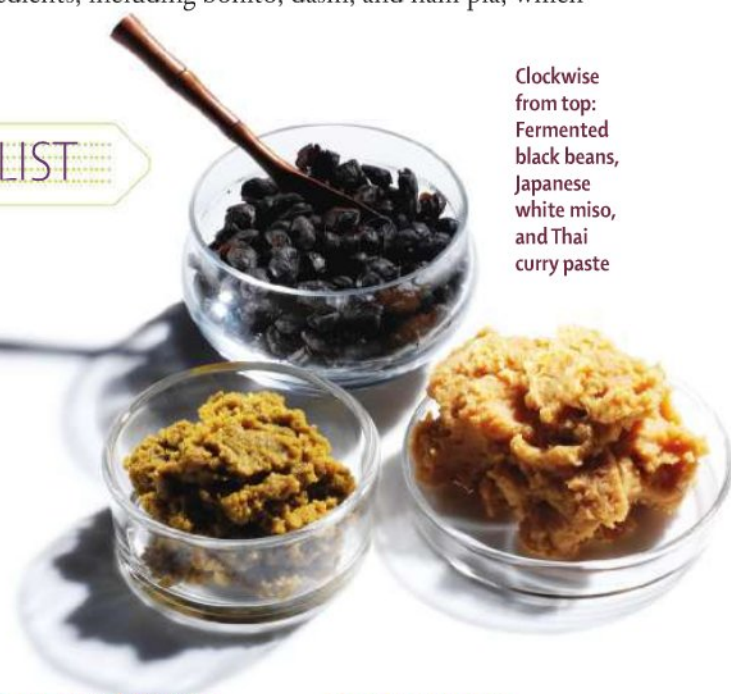
Japanese White Miso

A salty, slightly sweet paste made from fermented soybeans, miso comes in a rainbow of colors, but it's the mild, white (shiro) miso that brings subtle flavor to a panoply of dishes. VT executive chef Ann Gentry, owner of Los Angeles's Real Food Daily eateries, uses white miso regularly. "I use it in soups, sauces, spreads, dressings, and gravies" she says. Found in the refrigerator section in plastic pouches, the Kurano Kaori brand adds creaminess to salad dressings and pestos.

Thai Curry Paste

Traditional Thai curries are made with fresh ground chiles, lemongrass, galangal, and other hard-to-find (and pronounce) ingredients, but prepared pastes can taste like you spent hours making your mix. The Mae Ploy brand, sold in small, unrefrigerated tubs, makes a mild yellow curry paste redolent of kaffir lime and garlic that gives coconut curries, noodle stir-fries, and soups a true taste of Thailand. Steer clear of pastes made with ground shrimp or prawn powder.

Clockwise from top: Fermented black beans, Japanese white miso, and Thai curry paste





Clockwise from top:
pappadam, chunky chat
masala, and curry leaves

INDIAN MARKET MASALA

In Hindi, *masala* means “spice,” and nowhere is this word more fitting than inside the eclectic sensory experience that is an Indian grocery store. If you can tear yourself away from the baskets of luscious golden mangoes, slender purple eggplant, and pinkie-sized red and green chile peppers, mosey over to the colorful variety of dal (peas, beans, and lentils), then revel in the olfactory oasis of coriander, cumin, and cardamom—the premier spices that form the basis of Indian cooking.

LATIN AMERICAN ADVENTURE

If the piñatas hanging from the ceiling don't invite you to look and linger, the countertop chafing dish of warm, sweet-corn tamales just might. Inside your local Latin market, you'll likely find endless varieties of canned beans, hominy in multiple hues, a half-dozen varieties of tortillas, hot sauces in every heat category, and fruits that speak of warm-weather climes: avocados, guavas, plantains. Once you've double-checked your chips, prepared masa, and refried beans for *manteca* (better known as lard), dare to go bold. Latin American flavors drift far beyond the borders of Mexico, into Central America, Cuba, and beyond.

THE SHOPPING LIST

Chunky Chat Masala

Chris Jaeckle, a chef at Manhattan's Morimoto restaurant, is always scouting spices at Indian markets. One of his favorites is this salty spice powder, which gets its pungent aroma and piquant flavor from dried mango, cumin, and asafetida. “I keep it next to the salt and black pepper, sprinkling it on as I would salt,” says Jaeckle. MDH is a popular brand sold in North America.

Curry Leaves

“We have to have these in stock every day or our customers are disappointed,” says Bharti Parmar, who, along with her husband, Suresh, has been vending all things Indian at San Francisco's Bombay Bazar for more than 30 years. Parmar suggests adding a few leaves to soups, curries, and lentil dishes, where they impart a rich, musky flavor. Store them wrapped in a resealable plastic bag, and freeze.

Pappadam

These tortilla-like lentil-flour wafers come in a variety of flavors, including cumin, garlic, and black pepper. They're meant to be flash-fried in oil, or toasted over an open flame—your gas range works well—until they turn opaque and the spicy aromas emerge. Serve alongside salads, curries, soups, and chutney. Look for the Lijjat brand, from a women's co-operative in India.



From top: crema
espesa and chipotle
peppers in adobo sauce

THE SHOPPING LIST

Chipotle Peppers in Adobo Sauce

Chipotle peppers get their distinct flavor from the dry-smoking process that turns ripe, red jalapeño chiles a rich, deep brown. When

canned in adobo sauce, the peppers turn soft again, their flavor enhanced with the addition of tomatoes, garlic, and onions. Chopped into small pieces,

chipotle peppers in adobo sauce give black beans a smoky campfire flavor, and can be added to soups and marinades or blended with ketchup for a spicy dipping sauce.

SAVORING THE SOUK

Visitors to Sahadi's, the landmark Middle Eastern market in Brooklyn, are greeted by the alluring scents of just-baked bread, roasted nuts, and freshly ground coffee. Like many Middle Eastern grocery stores, Sahadi's sells products in bulk—olives, spices, nuts, grains, dried fruit—and a cornucopia of regional condiments. "We consider ourselves an ingredients store," says owner Charlie Sahadi, whose family has been in the grocery business since 1895. Don't just look, but ask: your ethnic-market grocer is likely a fountain of culinary wisdom.

Clockwise from left: halloumi, sumac, and za'atar

THE SHOPPING LIST

Za'atar

A staple in Middle Eastern cuisines, this divine spice blend varies from country to country, but usually includes thyme, sesame seeds, and salt. Blend with olive oil to make a paste, spread on bread, and toast in the oven. Toss za'atar with steamed potatoes, or shake over pizza and spaghetti.

Sumac

Ground into coarse powder, this tiny red berry is one of the most common ingredients in Middle Eastern cuisines. Available in bulk at most Middle Eastern markets, sumac can be sprinkled over salads, hummus, and grain and bean dishes, or added to salad dressings and marinades for a light, lemony taste.

Halloumi

This mild sheep and goat's milk cheese has its origins in Cyprus, where locals grill it, drizzle it with lemon juice, and serve it as an appetizer with hummus, grilled eggplant, and stuffed grape leaves. "It fries and grills nicely," says Elliott Prag, chef-instructor at New York's Natural Gourmet Institute.



Aji Molido

This crushed red pepper from Argentina looks like the red pepper flakes found in Italian restaurants, but that's where the similarity ends. Sold in resealable bags in the spice section, *aji molido* is moist and fragrant, its subtly sweet flavor

balanced by a hint of heat. When blended with olive oil, garlic, and parsley, aji molido transforms that tastiest of South American exports—chimichurri sauce—into something magical. For a piquant tang, sprinkle a pinch onto pizza or pasta.

Crema Espesa

Crema espesa is an authentic (and tastier) version of the sour cream served on Americanized Mexican restaurant plates. Found in jars in the refrigerator section, this mild garnish is traditionally drizzled over beans, roasted corn, or fresh fruit.

VIRTUAL WORLD MARKET

Even if you don't live in a multicultural metropolis, the flavors of the world are still at your fingertips.

qualityspices.com

This South Asian store offers several varieties of chutneys.

kalustyans.com

Manhattan's affordable spot for Middle Eastern and South Asian edibles is now online.

mexgrocer.com

Can't find cuitlacoche at your corner store? Head here for all things Latin American.

efooddepot.com

If it's Asian and you can eat it, you'll find it at this comprehensive online store.

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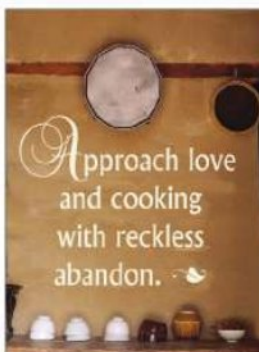


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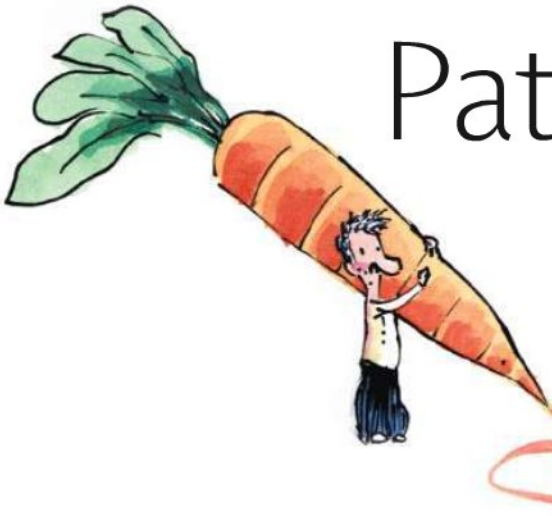
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Throughout this issue, vegan and/or gluten-free recipes are tagged with  and  symbols. Look for these symbols at the end of each recipe, with the nutritional information.



Patrick McDonnell

Life imitates art for this animal-championing artist

Q What were you aiming for when you created *MUTTS*?

A I was trying to see the world through the eyes of my animal characters.

People have such a great bond with their companion animals, and I wanted to get that into my strip.

Q How has animal advocacy figured into the strip?

A I was doing *MUTTS* for about five years when I started working with the Humane Society of the United States. They asked me to be on the national board of directors, and I learned more about how tough it is for animals. It became a big part of my life and the strip. I've tackled a lot of issues—feral cats, puppy mills, factory farming, fur—but hopefully in an entertaining way because I don't want to be too preachy about it. People read comic strips every day, and it's like a family conversation. I like to slip in animal issues every once in a while in a friendly way, because I can touch people who aren't thinking about an issue and get them to think about it.

Q Did Earl's passing in November 2008 affect *MUTTS*?

A When he first passed away, some of my sadness was in the strip, but at the same time, I felt like his spirit was still here and his spirit lives in the strip. There isn't a day that I don't think about him. I was really fortunate because he had a long, healthy life. It was only the last month or two that he got sick. Doing the strip was cathartic, and it helped keep his spirit alive.

Q How did your collaboration with Eckhart Tolle come about?

A I discovered Eckhart's book *The Power of Now* when it came out about a decade ago, and over the years I've followed his work and thought there was a connection between it and *MUTTS*. I really like how simply he can state big, important ideas. I connected with him because in cartooning, there's a Zen quality: you have to get a lot of information into a small space. I also connected with how he talks about nature and our companion animals helping us to become still and in the moment. I thought that putting my cartoons with his words would be a powerful combination. So I found quotes about nature and animals from his books and audiotapes, put them together with my cartoons, and proposed the collaboration.

Q Why did you become vegetarian?

A Why not be vegetarian? That's the question. I've been vegetarian for more than 20 years and it was the best decision I ever made. A couple of weeks into it, I felt better. My head felt clearer.

Q What was it like receiving praise from Charles Schulz?

A The nicest thing about becoming a cartoonist was that I became friends with my hero. He drew Earl in one of his *Peanuts* strips. It hangs on my wall and it's my prized possession. It's magic. Every time I look at it, I can't believe it. 🍃

Long Beach, Calif.—based writer Ryan Ritchie credits his five cats with helping him to live in the moment.

It all started when a tiny canine with a circle around one eye started appearing in Patrick McDonnell's illustrations for publications such as *Sports Illustrated*, *Time*, and *Forbes*. Next came the look-alike Jack Russell terrier named Earl that McDonnell adopted; in 1994 Earl inspired McDonnell's comic strip *MUTTS*. Appearing in more than 700 newspapers, the strip and its characters are also featured in more than 20 book collections, as well as in *Guardians of Being*, a collaboration with author Eckhart Tolle. McDonnell, 54, shares his New Jersey home with wife Karen O'Connell, a fellow veg, and with a Jack Russell terrier, Amelie, and a cat, MeeMow.

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